



Class TA 353

Book L 32

Copyright N^o _____

COPYRIGHT DEPOSIT.

ELEMENTARY DOMESTIC SCIENCE

A TEXT BOOK FOR SCHOOLS

VOLUME II.

FOODS; ADVANCED COOKERY

By SARAH WINDLE LANDES,
SOMETIME DIRECTOR OF HOME ECONOMICS IN GEORGIA STATE
NORMAL AND INDUSTRIAL COLLEGE, OHIO STATE SCHOOL
FOR SOLDIERS' ORPHANS, OKLAHOMA AGRICULTURAL
AND MECHANICAL COLLEGE, AND RHODE
ISLAND STATE COLLEGE.



STUDENTS SUPPLY HOUSE
STILLWATER, OKLA.

71X 353
w 32

Copyright 1915.
BY SARAH WINDLE LANDES.
All rights reserved.

Oxford Press, Providence, R. I.

\$7.00

SEP 10 1915

©CL.A410377

no. 1.

ELEMENTARY DOMESTIC SCIENCE

VOL. II.

FOODS; ADVANCED COOKERY.

SOUPS.

It would appear that the custom of serving soup as an introductory course at meals did not become general before the seventeenth century. There are, however, many soups, so called, of ancient lineage; but, in the majority of instances, these contain a large proportion of meat and vegetables. Hence, their consistency is more like that of the present day stew or ragout. Among primitive peoples, such preparations compose the main dish of a meal—not merely a preliminary course. Although, in our time, the soaking of bread or crackers in soup is regarded as poor form, our ancestors were evidently not deterred by such ideas of refinement. We find that the word soup is derived from *sop*, which meant originally a liquid with something—such as a *sop* of bread—soaked in it.

The excellence of certain soups made by ancient nations has caused a knowledge of them to be handed down from one generation to another. Chief among the olden-time soups which still appear, with but little change, on the modern table, are the clam chowder of the Indian tribes of New England; the turtle soup and the gumbo soup originating in the West Indian Islands, the barley soup, hotch potch, of Scotland, and the mulligatawny of the East Indies. From the French *pot-au-feu* and the Spanish *olla podrida* there have been evolved quite a variety of soups. The beer soup of Russia, the sour milk soup and the fruit soup of Germany, and the bird's nest soup of China are somewhat unusual in character. The black broth of ancient Sparta is thought to have been merely a thick onion stew. While the soups of primitive peoples have in every instance some distinctive feature, they bear resemblance in the matter of low cost, from the fact that the materials are either indigenous to the particular country, or readily obtainable.

Our modern-day soups, as presented at table, contain little, if any, solid substance. For garnish, we add only one-fourth cup of vegetables, or similar materials, to each cup of liquid, and even such solid particles are considered in good form only with clear soups, as a rule. Meat, when added, appears cut in tiny blocks, or occasionally, it is ground to a paste, and shaped in small balls. Vegetables, likewise, are divided into tiny pieces, often of fancy shape.

The liquid of soup appears nowadays in much more varied form than in earlier times. So many, indeed, are the combinations that classification becomes perplexing. Some chefs simplify matters by calling soups either clear or thick. The foundation of a clear soup is some form of animal protein which is slowly cooked in water to extract its juices. The liquid, called stock, which thus results, contains some mineral matter, fat, gelatine, extractives, and soluble protein. One pound of meat is required for every quart of water, and this should simmer until there are only two cups of liquid. If a sparkling soup be desired, fresh meat must be used. This, naturally, causes clear soups to rank among the most expensive kinds. One advantage of the thick soup is that re-heated meat will answer as a basis. For most brown or dark soups, either beef or mutton is used for making the stock. In certain thick white soups, chicken or veal may supply the protein. Favorite combinations of liquids are milk and vegetable pulp, milk and meat stock, also meat stock and vegetable pulp. Milk alone, or vegetable pulp alone, furnishes the entire liquid for what the French term *soupe maigre*, considered suitable for fast days. The name *purée* is often given to a smooth thick vegetable soup made from any variety of the legumes, although originally the foundation material consisted of dried peas alone. With foods of this nature, in which a large percentage of starch exists, only a little thickening or binding is needed—merely enough to prevent separation of the water and vegetable pulp. The amount of thickening must be greater when a watery vegetable is used to give character to soup. One level tablespoonful of flour proves sufficient for each cup of liquid. Among other forms of thickening are arrow-root, sago, and yolk of egg.

Soup may be used as a stimulant, or to provide nourishment. The nutritive soups are those made from milk or the legumes. It is considered correct to serve such soups at luncheon, or a simple, light, family dinner. Sometimes, at lengthy meals of ceremony, guests are offered a choice of thick or clear soup.

It has been found that the extractives contained in meat stock produce marked gastric stimulation. From this fact one sees the reasonableness of using clear soup at the beginning of a meal. Bouillon or beef tea, likewise, act as stimulants when administered to the sick; but the amount of actual nutriment in soups of this class is very small. Careful experiments go to show that the strongest broth which can be made does not contain more than six per cent. of nutriment drawn from the meat.

Beef affords, in most instances, the least costly material for the making of meat stock. To secure good results, some fat, bone, and lean are all necessary, the best proportion appearing to be about two-thirds lean to one-third fat and bone combined. The "soup-bone" is the hind or fore shin, of which the middle cut forms the desirable part. The lower end yields a very gelatinous soup, but lacking in flavor, unless some lean meat be added. One should always have the meat dealer crack the bone in several places.

To prepare the soup, wipe the meat with a damp cloth, and cut both fat and lean in very small pieces. This exposes a large surface to the action of the water, so that soluble substances in the meat are readily drawn out. In soup making, where one wishes to have the flavor in the liquid, and not in the meat, one follows exactly the reverse of the method used for boiling meat. (In the latter instance, the meat is put into boiling water, which coagulates some of the albumen, thus sealing much of the juice within the meat.) For soup, cold water is used; and when time can be spared, the meat should be allowed to soak in the water for an hour before heating. The soup kettle is placed over a slow fire, and the contents gradually heated, and then simmered gently for several hours, or until the meat is in "rags." For the sake of economy, many careful housekeepers let the soup absorb somewhat less flavor,

and the meat retain somewhat more, by cooking only until the meat is fairly tender. With the addition of tomatoes, onions, or other articles having pronounced taste, the meat may then form the basis of various made dishes.

There are several devices for imparting an amber or brown tint to soup. Pieces of onion, carrot, turnip or celery may be browned in butter or other fat, and added to the liquid; or, a small portion of the meat may be browned in fat before putting into the soup kettle; or very dark caramel, a half teaspoonful or more to each quart, may be mixed with the soup.

The scum that forms need not be taken off during the cooking. Being mainly albuminous juices, coagulated by heat, it affords nutriment; but it should be strained out when preparing a soup of light color.

Vegetables or herbs intended for flavoring—not garnishing—are put in after the meat has been cooking for an hour, or longer. Each should be given the time ordinarily required for cooking tender. Over-cooking, in soup or elsewhere, impairs their flavor.

As soon as soup stock is finished, it should be strained. If not to be used at once, cool quickly, in order to lessen danger of fermentation. Whenever possible, let the stock stand in a cool place until the following day. The fat—globules of which should never appear on soup when offered at table—may then, generally, be removed in a cake. If it is necessary to use the stock as soon as finished, dip off with a spoon, all fat possible, then float pieces of blotting paper over the top, to remove small particles; or, lightly pass over the top a piece of cheese cloth, wrung out in cold water.

When a sparkling soup is desired, put the stock, measured, after the removal of the fat, into a saucepan, and to one quart of soup allow the white and shell of one egg. Wash the egg shell, and separate the white and yolk with care, as even a tiny portion of yolk will prevent the stock from being clear. Beat the white until slightly frothy, add to it the crushed shell, and one cup cold water. Stir this thoroughly through the soup, place over a slow fire, and heat gradually, without stirring, for 20 min., then bring quickly to a boil and cook for 5 min., or until a

thick scum forms on top, and the liquid underneath looks clear. Remove from the heat, let stand for 5 min., then pour gently, to avoid disturbance of the solid particles, through a felt strainer, or a double thickness of cheese cloth laid over a fine sieve. The soup is sufficiently clear if one can "read through" it—the chef's test. (Method:—Pour the stock, to a half-inch in depth, into a tumbler, and set this above a printed page.) The principle applied in clarifying is merely the coagulation of albumen by heat. As it stiffens throughout the liquid, it gathers and holds suspended particles of various kinds. In hotels, or other establishments where soup must be clarified in large quantities, whites of eggs would be too costly, so a preparation of ground fresh bone is generally used.

Clear soup should be seasoned as desired before clarifying. Pepper, if added later, will discolor it. Salt may be put into the soup when the meat is nearly tender. Earlier, it would toughen the fibrin, thus preventing the escape of some of the meat juice into the water. A moderate proportion of seasoning is one-fourth teaspoonful of salt to one cup of liquid. White pepper should be used in all light colored soups. In those made from oysters, lobsters, crabs, etc., a trifle of cayenne or paprika is added. The allowance for either white or black pepper is about one-eighth to one-fourth as much as the salt.

The two foundation clear soups are bouillon and consommé. The latter, prepared from several kinds of meat, is often spoken of as a compound soup; while the former, made from only one meat, beef, is called a simple soup. (Within recent years, certain broths, from clams, tomatoes, etc., have been given the name bouillon, but always with its source mentioned, as *clam* bouillon.)

Bouillon, usually served in cups, for the purpose of retaining its heat, is offered at luncheon, supper, or evening entertainments of somewhat elaborate nature. Consommé forms the basis of most soups for ceremonious dinners.

The various cream soups, pureés, and vegetable soups are, in the main, inexpensive, and also quickly and easily prepared. They may, to considerable advantage, be served with the every-day meals. In a large household, it need

seldom become necessary to buy fresh meat for soup, if left-overs are cared for prudently. Trimmings and bones from steaks, chops, or roasts, either fresh or cooked, carcasses of fowl, celery roots and blanched leaves of celery, outer leaves of cabbage, cobs of green corn from which the pulp has been scraped, pods from fresh green peas, and other "waste material"—so called—will, under suitable treatment, add flavor and food value to the contents of the soup kettle. It is best not to utilize in this way, however, either corned meat, nor the fat from lamb or mutton. Smoked meat, if added, must be chosen with discrimination.

Readings:—Cookery: Its Art and Practice (W. Thudichum); Delicate Feasting (Theodore Child); Food Products of the World (Mary E. Greene); Pleasures of the Table (G. H. Ellwanger).

SOUPS.

BLACK BEAN SOUP.

1 c. turtle beans	3 whole cloves
2 c. stock	3 whole allspice
1 hard-boiled egg	1 blade mace
1 lemon	$\frac{1}{2}$ in. stick cinnamon

Salt; pepper.

Wash the beans, and soak them in cold water over night. Drain, cover with 3 c. boiling water, add the spices, and simmer—usually about 2 hrs.—until the beans are very tender. Press through a sieve, add the stock, place on the range until scalding hot, season, and turn into the tureen in which the egg and lemon, both sliced, have been placed.

(It has been found that several members of the bean family yield, after soaking in water, a substance much like prussic acid. Although this is small in amount, the draining of the beans, before cooking, seems a wise precaution.)

LENTIL SOUP.

1 c. brown lentils	1 sprig parsley
2 c. stock	1 small onion, sliced
1 T. butter	$\frac{1}{2}$ T. Worcestershire sauce
1 small bay leaf	Salt; pepper.

Wash the lentils, and soak in cold water over night. (They may be cooked without soaking, but require a longer time.) Drain, add to them the sliced onion, bay leaf and parsley, pour on 3 c. boiling water, and simmer until the lentils are tender. Press through a sieve, add the stock, bring to a boil, add the butter, Worcestershire sauce, and seasoning to taste. Croutons may be used with it.

CREAM OF CARROT SOUP.

1 c. milk	$\frac{1}{2}$ bay leaf
1 c. white stock	$\frac{1}{2}$ T. chopped onion
$\frac{1}{2}$ c. cooked carrot	2 sprigs parsley
2 T. butter	$\frac{1}{8}$ t. grated nutmeg
2 T. flour	Salt; pepper.

Put the stock, cooked carrot, bay leaf, onion, and parsley into a saucepan, bring to a boil, add the milk, and let come again to boiling point. Rub together the butter and flour, add them to the soup, stir constantly until boiling, press through a sieve, and re-heat, adding the nutmeg, salt and pepper.

CREAM OF CHEESE SOUP.

2 c. milk	$\frac{1}{2}$ t. onion juice
$\frac{1}{4}$ c. grated cheese	$\frac{1}{4}$ t. celery salt
2 T. butter	$\frac{1}{8}$ t. grated nutmeg
2 T. flour	Salt; pepper.

Pour the milk into a double boiler, bring to scalding point, and thicken with the butter and flour, which have been well blended. Mix the onion juice, celery salt and grated nutmeg, and stir them into the soup. When ready to serve, add the grated cheese, stir for a moment, until melted, add salt, and a little of both white pepper and cayenne.

CREAM OF CELERY SOUP.

$\frac{3}{4}$ c. celery, cut in half-inch slices	2 T. flour
1 c. milk	$\frac{1}{2}$ T. chopped onion
2 T. butter	1 small bay leaf
	Salt; white pepper.

Put the celery and 2 c. boiling water into a saucepan, add the bay leaf, chopped onion, and $\frac{1}{2}$ t. salt. Bring quickly to a boil; cook 20 min., drain, saving the water,

then press the celery through a sieve. Measure, and add enough of the reserved liquid to make altogether 1 c. Return this to the saucepan, add the milk, bring to a boil, turn in the butter and flour, which have been well-blended, stir until boiling, and season to taste.

The soup is better if one can use white stock for cooking the celery.

(When, for some special occasion, it seems desirable to serve only the hearts of celery, the rough, outer portions may well be used in this soup.)

CREAM OF TAPIOCA SOUP.

2 c. white stock	$\frac{1}{2}$ T. minced parsley
2 c. milk	$\frac{1}{2}$ t. onion juice
$\frac{1}{3}$ c. pearl tapioca	Trifle grated nutmeg
1 T. butter	Salt; white pepper.

Put the tapioca in the upper part of a double boiler, cover with cold water and soak over night. About a half-hour before wishing to use the soup, cover the tapioca with boiling water, add $\frac{1}{4}$ t. salt, and cook until clear, but not so long that the "pearls" lose shape. In a separate saucepan, bring the stock to a boil, add the milk, and heat again, until scalding. Mix together the onion juice and nutmeg, add them, also the butter and tapioca, to the soup. Season, pour into a soup tureen, and scatter over the top, the parsley, very finely minced.

MOCK BISQUE SOUP.

1 c. stewed or canned tomatoes	$\frac{1}{2}$ t. each of celery salt, onion juice and sugar
2 c. milk	1 blade mace
3 T. butter	$\frac{1}{8}$ t. bicarbonate soda
2 T. flour	Salt

White pepper; cayenne.

Press the tomatoes through a sieve fine enough to remove the seeds; pour the strained pulp into a saucepan, add the celery salt, onion juice and sugar, and bring to a boil. Put the milk and mace in a double boiler to scald. Rub together well the butter and flour, and use to thicken the heated milk, then remove the mace. As this soup curdles easily, let the milk and tomatoes remain separate,

keeping both hot, until the time of serving, then stir the bicarbonate of soda into the tomatoes, mix all together, season with salt and pepper, using only a trifle of cayenne, and serve with croutons. Or, if freshly popped corn is at hand, scatter a few grains over the top of each portion of soup, instead of using croutons.

TOMATO BOUILLON.

1½ c. canned or cooked tomatoes	½ bay leaf
2 c. stock	4 whole cloves
½ T. chopped parsley	¼ t. celery seed
Raw white 1 egg	4 peppercorns
	Salt.

Put all the ingredients—except the egg—into a saucepan, cover, set over the fire, bring to a boil, and simmer for 20 min. Beat the white of egg until slightly frothy, but not stiff. Press the tomato mixture through a sieve, return to the saucepan, stir in the white of egg, bring to boiling point, and cook for 10 min. Strain—without pressure—through a double thickness of cheese cloth, and add salt to taste. Should the tomatoes prove very sour, a speck of sugar may be added. Serve with bread sticks.

OYSTER BOUILLON.

2 c. oysters	½ t. celery seed
½ T. butter	1 blade mace
Small piece bay leaf	Salt; paprika

Whipped cream.

Chop the oysters fine; put them and 1 c. boiling water into a double boiler, add the flavorings, and heat for ½ hr. Strain through a double thickness of cheese cloth, pressing to extract all the juice. Return the liquid to the double boiler, add the butter and seasoning, re-heat, and serve in warmed bouillon cups, dropping a spoonful of whipped cream on each portion.

CLAM CHOWDER.

1 doz. quahaugs (or 25 long clams)	1 T. butter
¾ c. milk	1 oz. bacon or ham
½ c. potato cubes	½ onion
1 pilot cracker	½ T. minced parsley
	¼ t. sweet marjoram
Salt; white pepper; cayenne.	

Have the potato blocks about $\frac{1}{4}$ in. in size, pour over them boiling water, set on the back of the range for 5 min., then drain. Cut the bacon and onion in tiny pieces, and cook together over a slow fire until a light brown; then put them into a soup kettle, adding the potatoes and 1 c. boiling water. Simmer until the potatoes are fairly tender. Add the clams, which have been chopped fine, simmer again for 3 min., pour in the milk, heat to scalding point, stir in the other materials, having the cracker broken in small bits, season, and serve.

CREAM OF SALMON SOUP.

Half-pint can salmon	$\frac{1}{2}$ bay leaf
1 c. white stock or water	1 sprig parsley
1 c. milk	1 slice onion
1 T. butter	$\frac{3}{8}$ T. flour

Salt; white pepper.

Fresh boiled salmon, if available, is somewhat nicer than the canned article. Remove skin and bones, and flake the flesh fine. Put the milk and stock into a saucepan, add the flavorings and bring to a boil. Thicken with the butter and flour, which have been rubbed together until smooth, skim out the flavorings, add the salmon and cook for a few moments, seasoning to taste.

For "every-day" service, the soup, made thus, will be sufficiently smooth. When a particularly fine consistency is desired, press the soup after adding the fish, through a sieve, and re-heat before serving.

GIBLET SOUP.

1 set chicken giblets	$\frac{1}{2}$ T. minced parsley
1 small carrot	1 t. onion juice
2 T. rice	$\frac{1}{4}$ t. celery salt

Salt; pepper.

If, among the giblets, the feet are included, pour boiling water over them, let stand a moment, then peel off the skin. Cut open the heart, and remove any clots of blood. Pull off, and discard, the tough skin on the outside of the gizzard, then shave from it all the lean meat, throwing away the inner sack. Trim off the gall bag, also any discolored part, from the liver. Put all the reserved portions, and the neck, if available, into a saucepan, pour on 3 c. of

cold water, let come slowly to simmering point, and cook gently until the giblets are tender, adding $\frac{1}{2}$ t. salt at the end of a half-hour. Remove each piece as soon as done. The liver will cook more quickly than the other parts. About 20 min. before the soup is finished, wash the rice, and add it, also the carrot, scraped and cut in tiny blocks, and cook until tender. Discard the feet, pick the meat from the neck, and cut all the giblets in very small pieces. If there are not 2 c. of liquid remaining, add boiling water. Turn in the giblet meat, also the onion juice and celery salt, which have been mixed together. Season to taste, pour into a tureen, and scatter the minced parsley over.

BOUILLON.

2 lbs. lean beef	2 stalks celery, or $\frac{1}{2}$ t.
1 small carrot	celery seed
1 small onion	2 sprigs parsley
$\frac{1}{2}$ bay leaf	6 peppercorns
3 whole cloves.	

Trim away all gristle and fat from the meat, then chop fine. Put the beef in the soup kettle, add 2 qts. cold water, soak for 2 hrs., then heat slowly, over a good fire, skim as soon as boiling, and let cook very gently for about 4 hrs. Add the other ingredients, having the carrot, onion and celery chopped fine, season, and cook 1 hr. longer. Strain, cool, remove fat, and clarify. Heat, when needed, add salt to taste and serve, if possible, in bouillon cups, well-warmed. The color may be deepened with caramel. These materials will make 1 qt. of bouillon.

CONSOMMÉ.

1 lb. beef, under round	$\frac{1}{2}$ bay leaf
$\frac{1}{2}$ lb. veal, knuckle	2 sprigs parsley
$\frac{1}{2}$ pt. chicken stock	$\frac{1}{4}$ c. each, celery and turnip
2 T. butter	1 small onion
6 peppercorns.	

Chop the meat fine, and have the bones sawed or cracked. Heat the butter in the soup kettle, put in one-fourth of the meat, and cook over a brisk fire, stirring at times, until well-browned. Turn in the rest of the meat, pour on 2 qts. cold water, and let soak in a cool place for 2 hrs. Bring to a boil, then simmer slowly for 4 hrs., remov-

ing scum as it forms. Add the onion, turnip, and celery, all chopped fine; put in, also, the bay leaf, parsley and peppercorns. Simmer for 1 hr., then turn in the chicken stock and add salt to taste. Bring to boiling point, strain, cool, remove fat and clarify. There should be 1 qt. of consommé. Color with caramel, if necessary. Consommé should be lighter in tint than bouillon. The latter soup, when correctly made, does not gelatinize upon cooling, while consommé does.

CONSOMMÉ À LA ROYAL.

To hot consommé, add, immediately before serving, a garnish of Royal Custard.

JULIENNE SOUP.

To each quart of clear soup, preferably consommé, allow 1 c. cooked vegetables. Carrots, peas, and potatoes form a combination often selected. Tiny flowerets of cauliflower, yellow turnip, and very young string beans will answer; or, asparagus tips, carrots, and pearl onions. These, whenever their nature allows, should be cut in shreds, which are called "Julienne strips." If the several vegetables require a different length of time for becoming tender, they must be cooked separately. Although boiling water, slightly salted, will answer, stock is the best liquid in which to cook them. When done, drain, and add them to the hot consommé.

MACARONI SOUP.

Select a good quality of macaroni that will retain its shape after being cooked. Boil in salted water until tender, drain, and cut crosswise in thin slices, thus forming tiny rings. Allow 1 c. to each quart of stock. Heat the soup, add the prepared rings, let remain over the fire for a moment, and serve. A small dish of grated cheese—preferably Parmesan—may be passed.

Various kinds of Italian paste, in the form of tiny letters, rice-like grains, etc., are manufactured especially for use in soup. Alphabet Consommé is the name given to a clear soup having a garnish of letters.

NOODLE SOUP.

Home-made noodles, if well prepared, are best. Use

in the proportion of 1 c. cooked noodles to each quart of clear soup. Whenever sufficient stock can be spared, cook the noodles in this, rather than in water. They absorb considerable liquid.

VEGETABLE SOUP.

1½ qts. thin stock or water	½ c. each of corn and tomatoes
¼ c. each of cabbage, turnip and onion	1 bay leaf
	1 T. minced parsley
Salt; pepper.	

Cut the cabbage, turnip, and onions in small, neat pieces; put them into the soup kettle, with the bay leaf, 1 t. salt, and the stock or boiling water. Cook rapidly until almost tender, then remove the bay leaf, add the tomatoes, chopped, cook 10 min., add the corn, and cook for 5 min. Season to taste, pour into a heated tureen, scatter the finely minced parsley on top, and serve.

Many variations of this soup are made. Some persons like the addition of small pieces of well-cooked meat. A strictly vegetarian soup, naturally, could contain neither meat nor meat stock. Any watery vegetable of good flavor may be used. Starchy materials, such as rice or potatoes, are sometimes added. Rice, however, absorbs liquid, and there needs to be added stock or water to make up for the loss. Potatoes furnish bulk, and render the soup somewhat more nutritious, but are valueless as flavoring material. The soup has, sometimes, an addition of tiny dumplings, or of a mixture made from eggs, milk, and flour, which is poured through a strainer, into the rapidly boiling soup.

ACCOMPANIMENTS AND GARNISHES FOR SOUP.

With soup, a starchy material of some kind is usually passed. It may be merely a plain slice of bread, or crackers. The latter are considered in good form only with soups made from shellfish or fish. Neither bread or crackers are buttered for use with soup; and they are not placed in the soup, but eaten, dry, from the hand.

For more elaborate service, there may be laid in the fold of each napkin, a bread block. This is cut, minus crust, about one inch thick, and one and a half inches

square. Or, a dinner roll, to last throughout the entire meal, may be placed on the napkin, or on the bread and butter plate. Pulled bread, for use only with the soup, is sometimes arranged in the same way.

CHEESE SAVORY CUSTARD.

Beat together 1 egg and the yolk of 1 egg, stir in $\frac{1}{4}$ c. milk, 4 T. grated cheese—preferably Parmesan—and add salt and paprika to taste. Pour into a small, greased pan, set this in another containing hot water, and place in a moderate oven until firm. The custard should not brown. With a sharp knife cut in narrow strips or any shape desired. Cool, and add to a clear soup immediately before serving.

CHICKEN LIVER BALLS.

1 chicken's liver, cooked	$\frac{1}{4}$ t. onion juice
1 chicken's heart, cooked	$\frac{1}{4}$ t. salt
2 T. stale bread crumbs	2 dashes white pepper
1 t., or more, raw white of egg.	

Have the meat cooked until very tender, then pass it through a meat grinder fine enough to reduce it to a paste. Mix in the other ingredients, adding the white of egg last, and using enough to make the mixture of a consistency for shaping into balls. Form about 12 of these, drop into the hot soup, and simmer for a few moments until the balls rise to the top, then use at once, allowing two or more balls as a garnish in each plate. These are especially suitable with chicken soup, but may be added to any clear stock.

CROUTONS.

See Vol. I, p. 117. Either pass these with soup, or drop them over the top an instant before serving.

EGG BALLS.

Use hard-boiled yolks of eggs which have been cooked for 15 to 20 min. Remove any hardened bits of white, and press the yolks through a fine-meshed sieve. To every 4 yolks add $\frac{1}{2}$ t. salt, and $\frac{1}{8}$ t. white pepper, then stir in gradually the unbeaten white of 1 raw egg, using less, or more, as needed, to make of a consistency that may be formed into balls. Shape these of about $\frac{1}{2}$ in. in

diameter. Use to garnish a clear soup. A moment before removing the soup from the fire, drop in the egg balls; as soon as they rise to the top, they are done.

GRATED CHEESE.

This is appropriate with a clear soup containing macaroni, spaghetti or other forms of Italian paste. Any cheese of full flavor, grated fine and free from lumps, will answer; but grated Parmesan,—to be had in bottles—proves, as a rule, the most satisfactory. Arrange a mound of the cheese on a small dish, set this, and a spoon, upon a plate covered with a doiley. Pass, as rapidly as possible, after serving the soup. Each person, in partaking, is expected to scatter a spoonful over the top of his soup.

NOODLES.

Place on a large plate $\frac{1}{4}$ c. flour, add $\frac{1}{4}$ t. salt and 1 egg, slightly beaten, work all together—using the tips of the fingers—to form a stiff dough. (As there are variations in flour, and also in the size of eggs, occasionally a little more flour may be needed.) Toss out the dough on a board dusted with flour, and knead until no stickiness remains. Roll out in a sheet almost as thin as paper. Place on a towel and set aside for a few moments to dry the surface somewhat, then roll the sheet firmly; and, using a sharp knife, cut in very narrow noodles. Shake these out, and place again on the towel, to dry for a time. Cook, for about 15 min., in boiling, salted water, drain, and they are ready to use in soup. (Or, they may be dressed with sauce and served as a vegetable. Foreign nations often prepare them as a sweet dish.)

POPPED CORN.

Freshly-popped corn, well puffed out, makes a pretty garnish for the top of mock bisque soup, and certain others. Either have the corn passed, or scatter the grains over the soup immediately before serving.

PULLED BREAD.

Choose a French, a Vienna, or a “crimp” loaf of bread, remove all the crust, then cut the loaf crosswise in sections about 5 in. long. Use two forks, and pull the crumb apart, making strips approximately one inch in

thickness by five inches in length. Place these, in a single layer, on a baking sheet, and dry in a slow oven until crisp, and pale brown in tint. Use cold. They answer as an accompaniment for either soup or salad.

ROYAL CUSTARD.

Use 1 whole egg and the yolk of 1 egg, beat together barely enough to mix well, add $\frac{1}{4}$ c. milk, strain through a fine sieve, then stir in $\frac{1}{2}$ T. parsley, chopped almost to a powder. Season with salt and paprika; pour into a small, greased pan, having the custard not over $\frac{1}{8}$ in. in depth. Set the pan in a larger one holding some hot water, and bake in a moderate oven until the custard becomes quite firm, but not brown. Remove, stamp out in fancy shapes, loosening them from the pan with a thin, limber-bladed knife, and place in the soup a moment or two before serving.

WHIPPED CREAM.

Whipped cream, with no addition, except at times a trifle of paprika, is usually placed, by the spoonful, at the moment of serving, on top of oyster bouillon or clam bouillon.

SHELLFISH; CRUSTACEANS.

See Vol. I, pp. 70-74; 143-144.

OYSTERS.

To Prepare Oysters for Cooking.

If there is any liquor on the oysters, place them in an enamel-ware colander to drain. Should this liquid be needed for the cooking, first heat it in a small saucepan, then strain through a fine sieve. Never rinse oysters unless absolutely necessary. Strip them carefully, and lay on a cool plate, or if intended for frying, place on a towel. Keep quite cool until ready to use. Oysters for invalid's use should be "bearded:"—the tough adductor muscle removed.

DRY PANNED OYSTERS.

1 c. oysters	$\frac{1}{4}$ t. salt
2 T. butter	Trifle paprika
$\frac{1}{4}$ c. cream	3 (or more) slices toast.

For this method, the oysters should be large. Dry them well, on a towel. Put the butter, cream and seasoning into a small saucepan, and stand where the mixture may become hot by the time the oysters are cooked. Have the toast ready, and keep warm. Heat either a small grid-dle or a cast-iron skillet until smoking hot. Drop on the oysters (dry), about a half-dozen at a time, brown very quickly on one side, turn with a limber-bladed knife, and brown the other side. Drop them into the heated liquid; and when all are done, turn out on the toast, and serve immediately. As this dish cools rapidly, cover while sending to table.

WET PANNED OYSTERS.

Use the same ingredients as for Dry Panned Oysters. Prepare the toast and keep it warm. Put the oysters into a small enamel-ware saucepan, and shake over the fire until they become plump, and the gills begin to open, then add the cream and butter. Heat to scalding point, add the seasoning, pour out on the toast, and serve very hot.

FRIED OYSTERS.

Select large oysters, drain, strip, and dry, spreading out in a single layer on a towel. Sprinkle each with salt and cayenne. Beat an egg until yolk and white are well-mixed, but not light, and stir in 1 T. warm water. Season stale bread crumbs lightly with salt and cayenne. Cover each oyster with the crumbs, then coat with egg, and again cover with crumbs. Use the fingers for dipping. If the oysters are pierced with a fork, some juice and flavor are lost, and the coating is likely to be moist, rather than dry. Place them, when finished, on a board, or large platter, having only a single layer. If convenient, let them stand for an hour or two—in a cool place—before frying. Cook in deep fat, hot enough to brown a bit of bread in 40 sec. Drain, and serve as hot as possible. Sauce Tartare is a good accompaniment, but for more simple service, one may substitute olives, sour gherkins, or slices of lemon.

Stale bread crumbs make a covering more delicate in texture than dried crumbs; also, the stale crumbs produce a more attractive appearance. Naturally, the dried crumbs, if prepared from left-over bits of bread, are the more economical. Cracker crumbs, while good in flavor combined with oysters, do not brown quickly enough, and the oysters are likely to become over-cooked. Butter is an extremely poor frying medium for oysters. They quickly burn in it, and are likely to be greasy. Use olive oil, corn oil, any preparation of cottonseed oil and beef suet, or lard.

OYSTERS AND BACON, SAUTÉ.

1 c. oysters	3 (or more) slices toast
$\frac{1}{4}$ lb. bacon	Flour; cayenne; butter.

When the toast is made, butter it, and keep warm. Dry the oysters on a towel, and sprinkle them lightly with cayenne. The bacon should be sliced very thin. Put it into a heated skillet, cook slowly until brown, then place in a double boiler to remain warm. Roll the oysters in flour, drop them into the hot fat in the skillet, and brown rapidly on each side. Place the oysters and bacon alternately on the slices of toast, and serve at once. Or, instead of taking the time to toast bread, one may well substitute crisp triscuit.

FRICASSEE OF OYSTERS.

1 c. oysters	$1\frac{1}{2}$ T. butter
$\frac{1}{2}$ c. rich milk	$1\frac{1}{2}$ T. flour
Yolk 1 egg	1 T. minced parsley

Toast; salt; cayenne.

Make several triangles of toast, and keep warm. Use the butter, flour, and milk to form a cream sauce somewhat thicker than usual. In a separate saucepan, cook the oysters until plump; then put them into the sauce, add the egg yolk, slightly beaten, the parsley and seasoning. Stir over the fire for a moment or two, and serve hot in a warmed dish, garnishing with the toast points.

OYSTER FRITTERS.

1 c. oysters	$1\frac{1}{2}$ T. melted butter
1 egg	1 t. baking powder
1 c. flour	$\frac{3}{4}$ t. salt
$\frac{1}{4}$ c. milk	$\frac{1}{8}$ t. cayenne pepper.

Before making the batter, place on the back of the range, to heat slowly, a skillet containing 4 T. dripping or other fat.

Cut the oysters in very small pieces. Beat the egg, add to it the melted butter, salt, cayenne, and milk; sift in the flour, and beat until smooth. Then stir in the prepared oysters and the baking powder. Draw the sauté pan to the front of the range,—there should be a brisk fire—heat until the fat begins to smoke, then put in the batter by small tablespoonsful, brown on each side, turning only once. Drain on paper, and serve quickly.

OYSTER SHORT CAKES.

Make baking powder biscuits of fairly large size, and, when done, split and butter lightly. While the biscuits are baking, prepare $\frac{3}{4}$ c. cream sauce. Put 1 c. oysters in a small saucepan, stir at times, and when the gills open well, drain the oysters and add them to the sauce, seasoning with salt and cayenne pepper. Place the lower halves of the hot short-cakes on a warmed dish, pour over them the oysters and sauce, replace the tops, and serve immediately.

The above-given amount of oysters will answer for four short-cakes of about the size of patés.

OYSTERS IN SHREDDED WHEAT CASES.

Cut an oblong cavity in the top of each shredded wheat biscuit; remove the top (unbroken) and all inside shreds, thus forming a case. Fill with oysters, drained and stripped, drop on them $1\frac{1}{2}$ t. butter, sprinkle with salt and cayenne, and replace the top. Heat a baking pan, place the cases on it, cover and bake in a moderate oven for about 30 min. Serve very hot, pouring over them, immediately before sending to table, either Drawn Butter Sauce (using any liquor from the oysters) or Cream Sauce, allowing one cup of sauce to six cases.

CLAMS.

CLAM FRITTERS.

Prepare like Oyster Fritters, using $\frac{3}{4}$ c. raw, chopped clams, 1 egg, $\frac{1}{2}$ c. milk, $1\frac{1}{4}$ c. flour, 1 T. melted butter, $1\frac{1}{4}$ t. baking powder, and 2 dashes cayenne.

STEAMED CLAMS.

Select soft-shell clams, of small to medium size. Scrub the shells thoroughly, and arrange the clams in layers, above boiling water, in a steamer. Place under them a shallow, broad dish to catch the liquor that draws from them. Let heat for about 20 to 30 min., or until the shells open. Pour the liquor into small, well-heated cups, add a goodly amount of melted butter and several dashes of cayenne or paprika. For individual service, set a cup in the centre of a heated soup plate, heap about it some steamed clams, place with them a slice of lemon, and serve as hot as possible.

SCALLOPS.

Scallops are bivalve mollusks, with a deeply grooved shell. The edible portion is the central muscle—the only part sent to market. As scallops absorb water readily, unscrupulous dealers often soak them, thus increasing the size of the scallops, and their own profits. In general, scallops having a deep creamy, or pinkish tinge possess fine flavor, and are least likely to have been soaked. Although cooked in various ways, they are considered best when fried.

FRIED SCALLOPS.

Beat the yolk of 1 egg, and mix with it 1 t. tomato catsup. Have ready stale or dried bread crumbs. Sprinkle the scallops with salt and paprika. Coat them with egg, then with crumbs, and fry in hot, deep fat. They should be allowed to become only a golden brown. Drain, and serve very hot, with Sauce Tartare, or Cream of Tomato Sauce.

SHRIMP; CRAYFISH; PRAWN.

These are found mainly along our Southern coasts and in the Mississippi River. Very fine ones come from Lake Pontchartrain. The meat is of shorter fibre, and the flavor less marked than that of lobster or crab. The better grades of canned prawns or shrimps are packed carefully, and protected from contact with the can.

They may be cooked in the same ways as oysters; and

are pretty (their color turning to a pale red upon boiling) for use in cream sauce as filling for patés, etc., or for salad, or as a garnish for large fish.

LOBSTER.

To Boil a Lobster.

Nearly fill a large saucepan with hot—not boiling—water, adding, for each quart, 1 T. salt, 1 bay leaf, and 1 doz. peppercorns. Put in the lobster, head downward, cover the saucepan, and place where the water will quickly come to boiling point. For a medium-sized lobster allow 20 min. cooking from the time that boiling begins. If cooked too long, the meat becomes tough.

To Open Lobster.

After boiling lobster, remove from the water, cool, and wipe the shell with a damp cloth. Twist off the large claws, also, the small claws, saving the latter for garnishing, if desired. Separate the body and tail. Remove the body from the shell, and discard the gills, as well as the stomach, or “lady,” which is under the head. Save the green liver, and the coral, should there be any. Break the body through the centre, and pick out the meat from the cells. Cut the tail shell lengthwise on its under side, and remove the meat in one piece. Along its back, the entire length, will be seen the intestinal tract, looking like a vein colored green, or yellow or white. Discard this entirely. Crack the edge of the large claws and pick out the meat, noting that through the centre of each extends a flat, bony plate, which should be removed.

PLAIN LOBSTER.

Many consider this simple way of serving lobster the best. Arrange the meat from a boiled lobster on a platter, garnish with lemon, watercress, and the small claws; and pass with it salt, cayenne, and oil.

BROILED LOBSTER.

Select a live lobster, heavy in proportion to its size, and place it, claws down, on a board. Grasp it by the back of the body shell, then, with a sharp knife, make an incision across the back, at the “hinge” between the shell of

the body and the tail. The lobster will die almost instantly. Then turn it over, and cut into halves lengthwise. Let all the edible portion remain in the shell, but discard the gills, stomach, intestinal vein, and small claws. Crack the shells of the large claws. Brush the meat all over with melted butter. Many cooks also coat the shell, using lard. Have a clear fire, place the lobster in a greased broiler, and cook, flesh side down, for 8 min., if the lobster weighs about two or three pounds. Then expose the shell side to the fire for 10 min. Serve immediately, in the shell, passing with it melted butter, salt, cayenne, and slices of lemon.

LOBSTER CUTLETS.

1 c. boiled lobster meat	1 T. minced parsley
$\frac{1}{2}$ c. thin cream	$\frac{1}{2}$ t. grated lemon rind
2 T. flour	$\frac{1}{8}$ t. grated nutmeg
1 T. butter	Salt; cayenne.

Cut the lobster meat in quarter-inch pieces. Scald the cream, add to it the butter and flour, which have been well-blended, and cook, stirring constantly, until boiling and very thick. Remove from the fire, and mix in all the other ingredients, stirring no longer than absolutely necessary. Too long, or too brisk stirring renders the lobster flesh "stringy." Cool, form in cutlet shapes, coat with egg and bread crumbs, fry in deep, hot fat, and drain. The slender end of each cutlet may be garnished with a small claw, a paper frill or a tiny sprig of parsley. Serve the cutlets hot, with Sauce Tartare, or Cream Sauce—made with cream, not milk.

CRABS.

To Boil Crabs.

Treat in the same manner as lobster, allowing them to cook for 15 min. after the water comes to a boil.

To Open Crabs.

Let cool after boiling; twist off the claws, and discard the small ones, unless they are to be used as a garnish. Crack the large claws, and take out the meat. Remove the bony flap covering a part of the lower shell, then separate the upper and the lower shell. Throw away the gills and stomach. Save all the soft green substance, and

any coral (the eggs). Pick out the white meat, and the material may then be well-chilled to use like Plain Lobster, or as a basis for various cooked dishes.

Crab meat (or flakes) of good quality is put up by packers of our own country, and also of Japan. It proves useful for many purposes, although a trifle less fine in flavor than the fresh boiled article.

DEVEILED CRABS.

1 c. boiled crab meat	1 T. minced parsley
$\frac{1}{2}$ c. thin cream	$\frac{1}{2}$ t. onion juice
2 T. flour	$\frac{3}{8}$ t. salt
1 T. butter	$\frac{1}{4}$ t. grated lemon rind
2 hard-boiled yolks of eggs	$\frac{1}{8}$ t. ground mace

Trifle cayenne.

Have crab shells (cleaned) at hand. Press the hard-boiled yolks through a sieve. Scald the cream; mix the butter and flour thoroughly, add to the cream, and stir constantly, over the fire, until boiling and very thick. Remove from the heat, stir in all the other materials, and fill the shells, rounding slightly on top. Brush the entire surface of the filling with beaten egg, and let it extend a short distance over the edge of the shell, then sprinkle with dried bread crumbs. Fry in hot, deep fat, and serve at once, with Sauce Tartare, or merely with slices of lemon.

STEWED CRABS, CREOLE STYLE.

1 c. boiled crab meat	$\frac{1}{2}$ c. thin cream
1 green bell pepper	2 T. butter
1 medium-sized onion	$1\frac{1}{4}$ T. flour
1 large ripe tomato	4 slices toast(or more)

Salt; cayenne.

Remove the stem and seeds from the pepper; skin the onion; peel the tomato; then chop all the vegetables moderately fine. Put them into a small enamel-ware saucepan, add $\frac{1}{4}$ c. boiling water, and $\frac{1}{4}$ t. salt; cover and cook 15 min., or until tender. Press through a sieve, bring the pulp to a boil, add the butter and flour, well-blended, and stir constantly until boiling. Pour in the cream, continue stirring until smooth and hot, add the crab-meat, mix it in

gently, heat until steaming well, season, pour over the toast, and serve without delay.

FISH.

See Vol. I, "Fish," pp. 75-77; 144-145.

Readings:—Finny Protégés of Uncle Sam, *Cosmopolitan Magazine*, Vol. XVIII, p. 460; Food in Health and Disease (I. B. Yeo), pp. 40-42; Our New Caviar Fisheries, *Century Magazine*, July, 1908.

To Prepare Fish for Cooking.

In the markets, fish are usually dressed according to order, but they often need further attention before being cooked. To remove scales, hold the fish by the tail, and, using a sharp knife, scrape from the tail to the head. See that no entrails remain, and scrape away any clotted blood about the backbone. Follow the fishermen's rule, "Do not wash fish;" but wipe it, inside and out, with a cloth dampened in cold water.

If the fish is to be left whole—the plan generally adopted for baking—use a pair of shears to cut off the fins close to the body, and trim the tail straight across. The head is usually left on large fish for baking, and on small fish for frying. Cod's head and shoulders, boiled, is by some, considered quite a desirable dish.

To Bone Fish.

Have the fish scaled and cleaned. (If one is accustomed to boning, it is not absolutely necessary, however, to remove the entrails previously.) Lay it, tail towards one, on a board, having the dorsal fin, or "back" of the fish, toward the right. Using a sharp, thin-bladed knife, cut across the width of the fish, to the depth of the backbone, making the line close to the fin near the gills. Then, insert the point of the knife, and loosen the flesh, at this place, from the backbone; lay the blade of the knife almost flat against the bone, and with a partially cutting, partially scraping motion, separate the flesh from the bone, in one piece, extending from head to tail. Be careful that the

strips of small bones, connected with the fins, along each side of the fish, are not allowed to remain with the meat. Turn the fish, and dress the other side in like manner. Any bones still attached to the flesh may be picked out by hand. When boning is correctly done, all refuse—head, backbone, fins, tail and entrails, unless previously removed—appears in one connected piece. This method is for large fish. Among dealers who have become experts in boning, smelts, fresh herring and certain other small fish are boned by making a cut at the gills, through which the backbone and entrails are drawn out with scarcely more than one motion of the hand.

The two long strips of flesh are called fillets. Sometimes, each of these is cut in two lengthwise, thus making altogether four fillets. In the United States, it is most commonly the custom, when the fillets are too large for a single portion, to divide them into crosswise rather than lengthwise sections. As a rule, cross-cut pieces are fried, and the long fillets broiled, or rolled, turban fashion, and steamed.

When it is desirable to skin fillets, the work is done before boning, and in much the same manner.

Nearly every kind of fish in common use is the better for being cooked soon after it leaves the water. In case the fish must be kept, put it in the coolest place possible. On account of its odor, it should not be set, uncovered, in the refrigerator. If, after being prepared for cooking, it be laid on a platter and covered, first with waxed paper, and then with a towel, drawn closely, above and beneath the whole, there is practically no "fishy" odor to mingle with other foods. Or, it may be kept in an empty lard pail, covered.

BAKED FISH.

Bluefish, shad, bass, small salmon, and most other fish of medium size may be stuffed and baked whole. Scale the fish, clean, cut off the fins, trim the tail square across, wipe the fish, and dust inside with salt and pepper. For a fish weighing about 4 lbs., provide the following amount of stuffing:— $1\frac{1}{2}$ c. stale bread crumbs, 3 T. melted butter, 2 T. minced parsley, 1 t. onion juice, $\frac{3}{4}$ t. salt, and $\frac{1}{8}$ t. pepper. Mix all together, stuff the fish, and sew up the open-

ing with soft yarn, using long stitches. Sprinkle the fish on both sides with salt and pepper, and dredge thickly with flour. Lay several slices of fat salt pork in a dripping pan, place the fish on these, and put on top of it, three or four slices of pork. For cod, haddock, halibut, or other fish having dry flesh, it is well to cut deep gashes in each side about $1\frac{1}{2}$ in. apart, and insert the strips of pork. Should the head and tail be left on, as they burn easily, cover with pork, or thick paper, greased. Do not put any water in the pan. Bake in a hot oven, beginning to baste when the flour browns, and baste every 10 min. afterward. If there is not enough liquid for basting, use a little hot water and melted butter. A fish weighing 4 lbs. will bake in about 1 hr. When done, lift out carefully to a heated platter, and garnish with one or two of the following articles:—lemon, watercress, parsley, fried potato balls, or Saratoga potato chips. Pass with it Sauce Hollandaise, or other appropriate sauce. Roe sauce is usually served with baked shad, cream sauce or caper sauce with salmon, egg sauce with bass, and shrimp sauce with whitefish.

BAKED HADDOCK, WITH OYSTERS.

Fresh haddock, about	3 T. melted butter
4 lbs. weight	2 T. minced parsley
$1\frac{1}{2}$ c. oysters	1 T. lemon juice
$\frac{3}{4}$ c. stale bread crumbs	$\frac{3}{4}$ t. salt
$\frac{1}{4}$ t. pepper.	

Haddock is a fish with good shipping qualities, and may be obtained, during winter, in nearly all parts of the United States.

Prepare the fish as directed for Baked Fish. Remove and discard the tough white muscle from the oysters, then mix all the stuffing together, and fill the fish. Bake, and serve very hot, with Cream Sauce, or Oyster Sauce.

FINNAN HADDIE BAKED IN MILK.

Wipe the fish, and soak, skin side up, in luke-warm water for 2 hrs., drain, and wipe dry. Place the fish in an enamel-ware baking pan, which should be only a trifle larger than the fish. Add 2 slices onion, 1 bay leaf, 1 sprig parsley, and a sprinkling of salt and pepper. Cut 2 T. butter into bits, and drop over the fish. Pour into the

pan enough rich milk to cover the "haddie," and bake in a quick oven from 30 to 40 min., or until tender. Remove the fish to a heated platter, and keep warm while making the sauce. There should be about a cup of liquid remaining in the pan; if not, add milk. Set the baking pan on top of the range, bring the liquid to a boil, and thicken with 2 T. flour mixed smooth in a little cold water. Season, if needed, strain, and pour around the fish, sprinkling the top with minced parsley.

HALIBUT BAKED WITH TOMATO.

1 lb. halibut	2 cloves
1½ c. strained cooked tomato	¼ bay leaf
1 large slice onion	¾ t. salt
	⅛ t. pepper.

Have a halibut steak cut about 1 in. thick, wipe it and put into an enamel-ware baking pan. Mix the rest of the materials, and pour over the fish. Bake in a hot oven about 30 min. When tender, take the fish from the pan, and keep hot while making the sauce. There should be ¾ c. liquid remaining. Rub together 1½ T. butter and 1 T. flour, add to the liquid, stir over the fire until boiling, season, if needed, strain over the halibut, and serve hot.

BOILED FISH.

Have the fish scaled and cleaned. The head, fins, and tail should be removed; also, the skin, if it be dark and unsightly. Wrap the fish in a piece of cheese cloth, and baste the edges together. A fish kettle is a convenience for boiling, as it contains a rack by which the fish may be lifted out when done, without danger of breaking. Lacking a fish kettle, one may place the fish on a meat platter and set this in a large kettle. Pour into the kettle enough boiling water to cover the fish. To each cup of water add ¼ bay leaf, 1 sprig parsley, 1 slice of onion, ½ T. salt, and 1 T. vinegar. The acid helps to keep the flesh firm. Place over the fire, and simmer gently, allowing from 6 to 10 min. to each pound, the length of time depending greatly upon the thickness of the fish. (Rapid boiling injures the appearance of the fish.) When done, drain, remove from the cheese cloth, and serve as hot as possible. Because

boiled fish is somewhat insipid, a fairly rich sauce should usually accompany it.

BOILED FRESH COD.

Select a thick piece of cod. Cook as directed for Boiled Fish; garnish with boiled potato balls or cubes, sprinkled with minced parsley, and serve with it either Oyster Sauce or Egg Sauce.

BOILED SALMON.

Choose a small, whole fish, or a middle cut from a large fish, prepare as Boiled Fish, and if to be used hot, offer with it—on account of its oily nature and marked flavor—a simple Cream Sauce or Caper Sauce. Boiled salmon is considered finer in flavor, however, when cold. For simple service, it may be garnished with hard-boiled eggs, and lemon slices. Accompanied by Sauce Tartare, it forms a much esteemed summer luncheon dish.

STEAMED FISH.

Prepare the fish as for boiling. Sprinkle it, inside and out, with salt and pepper. Place in a steamer, and cook until tender. The time required will be somewhat longer than for boiling. Serve hot, with sauce. Steamed fish retains its flavor better than boiled fish does.

BROILED FISH.

(See Vol. I, p. 145.)

CODFISH BALLS.

1 c. pickled salt codfish	1 T. butter
1 c. mashed potato	2 T. cream
$\frac{1}{8}$ t. pepper.	

Pour over the codfish enough boiling water to cover, stand on the back of the range for 15 min., then drain, pressing out all of the water. Now stir together all the ingredients, form into balls, coat with slightly beaten egg, then with bread crumbs, and fry in deep hot fat. Drain, and serve hot.

FRIED FISH ROE.

Wipe the roe lightly with a damp cloth, place them in a saucepan, and, for one pair of roe add 1 T. vinegar and 1 t. salt, and cover with boiling water. Simmer for 10

min., drain, put in cold water for 5 min., drain, and wipe dry. (This preliminary treatment may be omitted; but, when given, the roe do not spatter so much while being fried, also, they are less likely to be hard on the outside.) Sprinkle them with salt and pepper, and, if large, cut in several crosswise slices. Coat with egg and crumbs, fry in deep, hot fat, and drain. Serve at once, as they cool quickly. They may be used alone, or with Sauce Tartare.

For sautéing, roe are, as a rule, coated only with flour.

FRIED SMELTS.

Make a small opening at the gills. With the thumb and finger press along the fish, from the tail to the head, when the entrails may be easily removed. Wipe the fish, first with a damp cloth, then with a dry one. Sprinkle with salt, and a trifle of pepper, dip them into milk, then into bread crumbs; next coat with egg, and again with bread crumbs. Fry in deep, hot fat, 3 min. time being enough, usually. Serve quickly, as they soon cool. Have ready slices of lemon or Sauce Tartare to pass with them.

Smelts are considered to be among the most delicious of fish. Those shipped in a frozen state during winter are the least desirable.

WAYS TO USE REMNANTS OF COOKED FISH.

FISH CUSTARDS.

1 c. cooked fish

2 small eggs

1 c. milk

1 T. minced parsley

Salt; pepper.

Beat the eggs slightly, and add all the other ingredients, having the fish free of bone and skin, and picked into flakes. Grease baking cups, scatter the minced parsley over the sides, pour in the custard, and stand the cups in a pan containing a little hot water. Place a sheet of white paper over the top of the cups. Bake in a moderate oven until firm. Serve in the cups, or turn out, as preferred. A fish sauce may be used with them, if desired.

FISH HASH.

$\frac{3}{4}$ c. cooked fish

2 oz. sliced bacon

$\frac{3}{4}$ c. cold boiled potatoes

Pepper.

The fish needs to be entirely freed from bone and skin. Chop the potatoes and the fish very fine, adding pepper to taste. Heat the bacon slowly in a small sauté pan, and try out the fat; then remove the meat, and put the hash into the pan, packing down firmly. Cook, without stirring, over a slow fire, and when browned underneath, fold like an omelet, and serve hot.

LUNCHEON LAYER CROQUETTES.

Wash and wipe fairly large tomatoes, but do not peel. Cut them crosswise in slices about $\frac{1}{2}$ in. thick. Make a cream sauce, having it very thick, by using double the ordinary amount of flour. To each cup of sauce add 2 c. cooked fish, flaked fine; mix, season, if necessary, and cool. Sprinkle the tomatoes with salt and pepper. Between every two slices of tomato place a thick layer of the fish mixture—sandwich like. When all are ready, coat with egg, then with bread crumbs. Put into a skillet enough fat to be $\frac{1}{4}$ in. in depth when melted; place over the fire, heat well, then lay in the croquettes, brown on each side, turning only once, and serve hot.

SALMON CUTLETS.

1 c. boiled or canned salmon	1 T. minced parsley
$\frac{1}{2}$ c. milk	$\frac{1}{2}$ t. grated lemon rind
3 T. flour	$\frac{1}{2}$ t. onion juice
1 T. butter	$\frac{1}{4}$ t. grated nutmeg

Salt; pepper.

Chop the salmon fine. Make the usual thick binding for croquettes, from the milk, butter and flour. (On account of the fatty nature of salmon, more flour and less butter are used than for such mixtures in general.) When done, remove from the heat, stir in all the other ingredients, and turn out to cool. Form in cutlet shapes, dip in egg and crumbs, fry, drain, and serve hot with Cream Sauce or Sauce Hollandaise.

SALMON LOAF.

1 can (half-pint) salmon	$\frac{1}{2}$ T. lemon juice
1 egg	$\frac{1}{2}$ t. onion juice
$\frac{3}{8}$ c. cracker crumbs	Grated rind $\frac{1}{4}$ lemon
$\frac{1}{4}$ c. milk	$\frac{1}{2}$ t. salt
2 T. melted butter	$\frac{1}{8}$ t. pepper.

Drain the salmon, discard bone and skin, and pick the flesh in flakes. Beat the egg somewhat, then mix together all the materials, and pack into a small, greased tin mold. (Either a half-pound baking powder can, or a cocoa can will answer well, providing there is no leak.) Steam 1 hr., or until firm. Turn out, with care, and, if liked hot, serve with Cream Sauce or Caper Sauce. When intended for use cold it should be garnished with lemon—and watercress or parsley, if available.

SCALLOPED FISH.

1 c. cold, cooked fish	$\frac{3}{4}$ c. cream sauce
1 c. stale bread crumbs	2 T. melted butter

The fish should be separated into flakes of medium size. See that there is no skin or bone among it. Stir the crumbs and melted butter together, seasoning to taste. Make the sauce, and mix the fish with it. Sprinkle half of the crumbs over the bottom of a pint baking dish, then put in all of the fish mixture, and spread the remaining crumbs on top. Bake on the upper rack of a quick oven until the surface is a light brown, and serve in the same dish.

In case remnants of baked fish are used, any left-over stuffing may be substituted for an equal portion of the bread crumbs.

SPICED FISH.

2 c. cold, boiled fish	1 slice onion
1 c. vinegar	12 peppercorns
$\frac{1}{2}$ bay leaf	6 cloves
1 T. brown sugar	6 allspice
2 blades mace	1 $\frac{1}{2}$ t. salt.

Put the vinegar into the upper part of a double boiler, add all the flavorings and seasonings, and set directly on the range until steaming hot, then place over hot water, in the lower boiler, cover and let stand on a warm part of the range for 10 min. Pick the fish into rather large flakes, discarding skin and bone, put it into a warmed jar, and pour over it the hot liquid—without straining. Cool, then adjust a lid on the jar, and keep in the refrigerator for 24 hrs. before using. In cool weather, it will remain good for a week or longer, if stored in a cool place.

EGGS.

EGGS, DOMINO STYLE.

For each portion, allow 1 slice dry, buttered, toast, 1 slice bacon, $\frac{1}{4}$ c. cream sauce, 1 egg, and seasoning.

Prepare the toast and the cream sauce, and keep each warm. Cut the bacon in pieces about $\frac{1}{8}$ in. square, put them in a sauté pan, and cook over a fairly brisk fire, stirring almost constantly, until a medium brown, then draw to a cool part of the range. Break the egg, stir with it 1 T. warm water, then drop in with the bacon, place over the fire, scramble until set as desired; add a trifle of pepper, and salt if needed. Turn out at once on the toast, mask the entire surface with the sauce, and serve without delay.

DEVEILED EGGS.

Put into a saucepan 6 eggs, cover with boiling water, bring quickly to a boil, then cook rapidly for 15 min. Cool at once in cold water, shell, and place in fresh cold water for 30 min. (This treatment bleaches the whites, and usually prevents any discolored surface on the yolks.) Slice each egg in half, crosswise, and remove the yolk without disfiguring the white. Press the yolks through a fine sieve, mix with them $1\frac{1}{2}$ T. olive oil or melted butter, 1 t. onion juice, 1 t. celery salt, 1 t. vinegar, $\frac{1}{2}$ t. table salt, $\frac{1}{8}$ t. white pepper and trifle paprika. If liked, $\frac{1}{2}$ t. French mustard may be added. Refill the whites, making the surface level, press two halves together, and they are ready to serve for home use. When intended for picnics or other entertainments, it is well to wrap each in waxed paper, which may be fringed at the ends and twisted tight. Occasionally, a cover of colored paper is used outside the waxed paper.

GOLDEN CREAM TOAST.

2 eggs, hard-boiled	1 T. butter
2 or 3 slices toast	$\frac{1}{2}$ T. minced parsley
	$\frac{1}{2}$ c. cream sauce.

Shell the hard-boiled eggs, chop the whites very fine, and rub the yolks through a sieve. Keep the two colors

separate. Make the cream sauce, having it a trifle thicker than usual, and put in a little extra seasoning. Mix the prepared whites with the sauce, stir over the fire until steaming hot, pour half of it over the toast, sprinkle with half of the sifted yolks, dust with salt and white pepper; then put on, in like manner, another layer each of white and yolk. Set in the oven for a few moments, remove, scatter the parsley over the top, and serve hot.

EGG CUTLETS.

3 hard-boiled eggs	2 T. minced parsley
1 c. milk	$\frac{1}{2}$ t. onion juice
2 T. butter	$\frac{1}{2}$ t. salt
4 T. flour	$\frac{1}{8}$ t. white pepper
$\frac{1}{8}$ t. grated nutmeg.	

Shell the eggs, press through a sieve, or chop very fine. Put the butter and flour into a small saucepan, and blend together over the fire. Pour in the milk, stir constantly until boiling and very thick, remove, mix in the remaining ingredients, and spread out, in a shallow layer, on a plate, to cool. Form in cutlet shapes, coat with egg, then with crumbs, fry, and serve hot with Cream of Green Pea Sauce.

SWISS EGGS.

Choose eggs sufficiently fresh for poaching. For each egg provide 2 T. grated cheese, 1 t. butter, salt and pepper. Grease individual egg shirrers, or a baking dish large enough to hold all. Scatter half the cheese over the bottom, dot with bits of butter, using half the entire amount, drop on this each egg separately, being careful not to break the yolk, scatter over them the rest of the cheese, then the butter, cut small, and sprinkle with salt and pepper. Bake in a moderate oven for about 6 min., or until the white is set, and serve quickly.

EGG RIVIÈRA.

2 eggs	2 T. butter
$\frac{1}{2}$ c. brown stock	$1\frac{1}{2}$ T. flour
$\frac{1}{4}$ c. chopped olives	$1\frac{1}{2}$ t. Worcestershire sauce
3 shredded wheat biscuit.	

Split the biscuits, toast on the inner sides, and keep warm. Put the butter and flour in a small saucepan, and mix over the fire until smooth, pour in the stock, stir until boiling and quite thick, then draw away from the intense heat. Separate the whites and yolks of eggs, beat the yolks slightly, and the whites until stiff. Into the sauce turn the prepared olives, Worcestershire sauce and the yolks, drop the whites on top, return to the heat, fold together for about two minutes, until the eggs appear cooked. (The mixture must retain its lightness.) Turn out on the biscuits and serve without delay.

In case no brown stock is available, dissolve 1 bouillon cube or $\frac{1}{2}$ t. beef extract in $\frac{1}{2}$ c. boiling water.

Chopped pecan nut meats may be used, if preferred, instead of olives.

BREAD OMELET.

3 eggs	$1\frac{1}{2}$ T. butter
$\frac{1}{2}$ c. milk	$\frac{1}{2}$ t. salt
$\frac{1}{2}$ c. stale bread crumbs	$\frac{1}{8}$ t. pepper.

Place a platter to heat. Put the butter in an omelet pan, and set aside until needed. Separate the eggs, beat the yolks, and add to them the milk, bread crumbs, salt and pepper. Beat the whites stiff, and fold them lightly, but thoroughly, into the mixture. Heat the omelet pan, and as soon as the butter melts, pour in the omelet, and cook, without stirring, over moderate heat, until the edges become slightly colored, then place the pan on the upper rack of the oven for a few moments, to dry, but not brown, the top. Fold gently, turn out on the warmed platter, and serve at once.

FISH OMELET.

$\frac{1}{2}$ c. cooked fish	1 T. melted butter
1 c. mashed potato	3 T. top milk
Yolk 1 egg	Salt ; pepper
	2 T. drippings.

The fish should measure $\frac{1}{2}$ c. after being freed of skin and bone, and picked into fine flakes. Mix all the materials (except drippings), after beating the yolk slightly, and season to taste. Heat the dripping (preferably bacon fat) in an omelet pan, turn in the mixture, pressing

down well, and smoothing the top. It should not be over $\frac{1}{2}$ in. deep. Cook, without stirring, over moderate heat. At times, note the color about the sides, and, when slightly brown, loosen the omelet well from the bottom, fold, and turn out on a heated dish, serving hot.

FRENCH OMELET WITH PEAS.

For an omelet requiring 2 eggs, allow $\frac{3}{4}$ c. cooked green peas. Put them in a small saucepan, add $\frac{1}{2}$ T. butter, $\frac{1}{2}$ T. finely chopped mint leaves, $\frac{1}{8}$ t. salt and a trifle of pepper. Heat until the butter melts, then keep in a warm place while cooking the omelet.

Have the omelet pan scoured and dried. Beat the eggs, using a fork, until well mixed—not light—and stir into them 2 T. hot water. Heat, in the omelet pan, 1 T. olive oil or butter, pour in the eggs, lift frequently as they set, letting the uncooked portion flow underneath. While still quite tender, sprinkle with salt and pepper, scatter on top 2 T. of the prepared peas, fold, brown the under side of the omelet quickly; turn out on a warmed platter, surround by the rest of the peas, and serve at once.

HAM OMELET.

Make a French Omelet, as above, and just before folding, sprinkle over it 4 T. (or more) boiled ham, chopped fine.

JELLY OMELET.

For a French Omelet requiring 2 eggs, supply 4 T. jelly, and some powdered sugar. If the jelly is stiff, chop it, and set aside until the omelet is cooked. Sift the powdered sugar. Prepare the eggs, with the addition of 1 T. powdered sugar, as for French Omelet, and cook in the same way. When ready to fold, spread lightly with the jelly, roll over, turn out on a warmed dish, and sift powdered sugar on top. Serve hot, as the final course at breakfast or luncheon.

The lighter colored jellies, such as quince, apple, or peach, are best for this.

OYSTER OMELET.

To the recipe for French Omelet allow $\frac{1}{2}$ c. oysters. Strip them, place in a small enamel-ware saucepan, and toss about over the fire until the gills open, then drain the

oysters and set aside. Add to the liquor enough boiling water to make altogether $\frac{1}{4}$ c.; stir into this $\frac{1}{2}$ T. butter and $\frac{1}{2}$ T. flour (which have been rubbed together until smooth), and continue stirring until it boils. Season lightly with salt and cayenne, add the oysters, and set over hot water while the omelet is being prepared. When it is done, pour over it the oysters and sauce, fold, place on a heated dish, and serve without delay.

CHEESE.

See Vol. I, pp. 66-68.

Readings:—Bulletin Animal Industry, No. 105, U. S. Dept. Agr.; Foods: Origin, Composition and Manufacture (William Tibbles), chap. XI.

COTTAGE CHEESE (SCHMIER-KÄSE).

Place thick, sour milk on the back of the range, and heat slowly until the curd and whey separate. If tested with a thermometer, it should register 115° F. Pour the cheese into a bag, and let it drain as dry as possible, without pressure. When ready to use, mash fine, add to each cup $\frac{1}{2}$ t. salt, trifle white pepper and 3 or 4 T. of cream. Beat as light as possible, and serve cold.

HAM RABBIT.

4 T. boiled ham, minced fine	$\frac{1}{4}$ c. cream
4 T. grated cheese	$\frac{1}{4}$ c. milk
4 T. butter and dripping,	1 egg
mixed	3 (or more) slices bread
3 dashes paprika.	

Beat the egg somewhat, add the milk, and in this soak the bread, turning at times. When the liquid has been absorbed, heat the butter and dripping in a skillet, and in this sauté the bread, browning lightly, then keep it warm. Scald the cream, add to it the cheese and ham, stir until the cheese melts, add pepper, pour over the bread, and serve at once.

WELSH RABBIT.

2 c. grated cheese	Yolks 2 eggs
$\frac{1}{2}$ c. cream or rich milk	Salt; cayenne.

For this recipe, use "full-cream" cheese. Skim milk cheese makes a stringy, tough preparation.

Toast from four to six slices of bread, and put them in the oven to keep warm while making the rabbit.

Put the cream or milk into a granite saucepan, and bring it to a boil, add the cheese, stir constantly until melted, add the beaten yolks, cayenne and salt to taste and pour it at once over the toast. Serve immediately.

CHEESE AND EGG TIMBALES.

3 hard-boiled eggs	$\frac{1}{2}$ c. grated cheese
2 raw whites of eggs	$\frac{1}{2}$ t. salt
$\frac{3}{4}$ c. milk	$\frac{1}{8}$ t. white pepper
$\frac{1}{2}$ c. stale bread crumbs	1 dash paprika.

Press the hard-boiled eggs through a ricer, or chop them very fine. Beat the raw whites until slightly stiff, then mix all the materials together, and turn into greased timbale molds, making them about three-fourths full. Stand in a pan containing a little hot water, and place a sheet of white paper over the top of the molds. Bake in a moderate oven until firm—usually about 20 min. Carefully turn them out on a heated dish, and serve with Cream of Tomato Sauce or Cheese Sauce.

CHEESE STRAWS.

4 T. cheese	Yolk 1 egg
4 T. flour	$\frac{1}{2}$ T. butter
2 T. dried bread crumbs	$\frac{1}{2}$ t. salt

Trifle paprika or cayenne.

Melt the butter, beat the yolk of egg, and mix all the ingredients thoroughly. If too stiff to roll out, add a very little ice water. Turn out on a floured board, knead for a moment until smooth, and roll into a sheet not over $\frac{1}{8}$ in. thick. Cut some of the paste into strips and some into rings. Place on a greased baking sheet, and bake in a moderate oven for about 10 min., or until slightly browned. Put a bundle of the straws through each ring.

CHEESE RAMAKINS.

4 T. grated cheese	$\frac{1}{2}$ c. stale bread crumbs
Yolk 1 egg	2 T. butter
$\frac{1}{4}$ c. milk	Whites 2 eggs

Cayenne and salt to taste.

Scald the milk, add the bread crumbs, and stir over the fire until smooth, add the cheese and butter, and stir for a moment longer. Remove, add the beaten yolk of egg and seasoning, then beat the whites stiff and fold them in carefully. Turn into a greased baking dish, and bake 15 min. in a moderately quick oven. Serve immediately.

MEATS.

See Vol. I, pp. 78-73.

BEEF.

In our markets at present, a dressed bullock of about 800 lbs. is counted fully-average in size. Of this weight, only 120 lbs., approximately, provide the choice cuts for steaks and roasts. The over-demand for these keeps their price high. Quality in beef depends almost entirely upon the age of the animal and the method of feeding. A steer about four years old should yield meat of fine quality. Good beef is firm, of close grained texture, bright red in color (meat dealers have, unfortunately, means of intensifying the tint), and a considerable mottling of fat throughout the lean. There should be about a half-inch layer of fat on the outside, and the fat about the kidneys, called suet, should crumble readily. It is desirable that the fat throughout be of a creamy white tinge. A deep yellow fat usually indicates "cow beef," or an old animal, or that the rations have consisted largely of cottonseed meal, which produces soft fat. Lean of a dark, somewhat purplish shade may denote an old or an unhealthy animal.

Beef is divided by splitting through the backbone, lengthwise, into halves, each being called a side of beef. Each side is again divided into two parts, the fore-quarter and the hind-quarter. The tenderest and consequently the

most expensive cuts are obtained from the hind-quarter. These are the various steaks—porterhouse, T bone, sirloin, and tenderloin. Less costly steaks may be had from the back of the rump, top of the round, and veiny part of the round. For roasting, one uses the loin, fillet, the back of the rump, the middle of the rump, or the aitchbone; for stewing, the lower part of the round, the face of the rump, the aitchbone, or the hind shin; for soup, the hind shin; for beef tea, the top rump. The flank makes an economical dish when stuffed, rolled, and braised. The round and flank are often corned, for boiling.

From the fore-quarter of beef one may obtain, for steaks, cuts from the chuck ribs; for roasts, the prime ribs; for pot roasts, the chuck ribs, and shoulder clod, or bolar piece; for stewing, chuck ribs, fore shin, neck; for soup, fore shin; for beef tea or mince meat, the sticking piece. The brisket and rattle rand may be used fresh for boiling, but are frequently corned.

Of the several internal organs used for food, tripe (the inner lining of the stomach), and tongue are found fairly easy of digestion. The kidneys, liver and heart are of compact texture, and usually difficult to digest. Of the three, the heart is the least objectionable, not being an organ for eliminating waste.

Reading:—Food in Health and Disease (I. B. Yeo), pp. 32-39; 155-165; 174-175.

BEEF.

HAGGLED BEEF.

1 c. raw, lean, beef	2 T. flour
chopped fine	2 T. butter or dripping
1 c. milk	$\frac{3}{4}$ t. salt
$\frac{1}{4}$ t. pepper (scant).	

Put the butter or dripping into a cast iron skillet, heat and when melted lay in the beef, packing down well, to form a sheet over the bottom of the pan. Cook, without stirring, over a fairly brisk fire, until the meat browns underneath. Then turn, breaking into pieces, and stir at times until these brown. Mix the flour through it, pour in the milk, stir constantly until boiling, let cook a few moments longer, season, and turn out on a heated platter, setting triangles of toast about the edge, if wished.

BEEF KIDNEYS.

To Prepare Kidney for Cooking.

Wipe the kidney, trim off, in medium-sized pieces, all the meat from the outside, rejecting the sinewy centre and pipes. Put the meat into a saucepan, cover with cold water, and stand over the fire until almost boiling. Drain, cover again with cold water, and heat in the same way. Drain, and repeat the process once more. At the end of the time, the coloring matter of the meat, if properly prepared, will have changed. The kidney must never actually boil, else it will become tough, and require long cooking to render it tender.

BEEF'S KIDNEY FRICASSEE.

1 c. meat from kidney	1 T. minced parsley
$\frac{1}{2}$ c. cream sauce	$\frac{1}{4}$ t. grated lemon rind
Yolk 1 egg	Trifle grated nutmeg.

Prepare the kidney as directed above. Make the cream sauce. Beat the yolk of egg slightly, stir with it the several flavorings, then mix this, and the meat, with the sauce, and stir over the fire until steaming well—not boiling. Add more seasoning, if needed, turn out on a heated platter, garnish quickly with toast points, and serve at once.

BAKED BEEF'S HEART.

1 beef's heart	$1\frac{1}{2}$ t. onion juice
$1\frac{1}{2}$ c. stale bread crumbs	$\frac{3}{4}$ t. salt
3 T. minced parsley	$\frac{1}{4}$ t. pepper (scant)
3 T. melted butter	Slight grating nutmeg.

Trim from the centre of the heart any tough membrane, wipe it inside and out, then sprinkle well inside with salt and pepper. Make a stuffing from the bread crumbs and all other ingredients, then pack this firmly into the heart. Place a piece of cheese cloth over the top; and, using a large needle and soft twine, secure this in several places to the edge of the meat; also, bind several strands of twine around the cheese cloth. Place the heart, point down, in a saucepan barely broad enough to hold it; pour in boiling water nearly the depth of the heart, bring to a boil, cook thus for 5 min., then simmer gently, about 2 hrs., or until tender. Remove the cheese cloth from the

heart, brush over with melted dripping or butter, dredge with flour, place in a baking pan, and set in a brisk oven until lightly browned. Make a brown sauce in the pan, using the liquid in which the heart was cooked. Color the sauce, if necessary, with a trifle of caramel. Serve both the heart and the sauce hot. Should the meat be desired for cold service, slice extremely thin, and pass tomato catsup with it.

BROWN STEW OF BEEF, WITH DUMPLINGS.

2 lbs. lean beef	4 T. chopped onion
4 T. dripping or butter	4 T. carrots, cut into small blocks
1 qt. boiling water	4 T. turnips, cut into small blocks
1 t. salt	Trifle pepper.

DROP DUMPLINGS.

1 pt. flour	About $\frac{3}{4}$ c. milk
4 t. baking powder	$\frac{1}{2}$ t. salt.

Select the meat from the bolar piece, the aitchbone or the round. Wipe it, trim, cut into blocks about 2 in. square, and sprinkle with flour. Let the dripping get smoking hot. Put in the meat, stir, turn occasionally until browned, and add the boiling water. Place on a hot part of the stove until it boils, then set back to simmer for 2 hrs., or until tender. After it has cooked for 1 hr. add the vegetables and seasoning. When nearly done, make the dumplings. Sift the salt, baking powder and flour into a bowl. Add the milk, using sufficient to make a soft drop batter. Drop by tablespoonsful over the meat, allowing a small space between them, as they swell considerably. Cover the pan. Simmer 20 min. Turn the meat on a warm platter and place the dumplings around the edge. If liked, finely chopped parsley may be sprinkled over the top.

These dumplings are economical and good, although, naturally, not quite so dainty as those containing egg.

POT ROAST OF BEEF.

For this, select from 4 to 6 lbs. from the bolar piece, round, chuck ribs, or the middle rump. Wipe the meat, and if not compact, tie or skewer it. Dredge on all sides with flour. Heat an iron boiler until "hissing hot," lay in

the meat, skin side down, turn when seared, and continue turning occasionally, until the entire surface is browned. Add 1 bay leaf, 3 slices onion, and 1 c. boiling water, bring quickly to boiling point, then simmer very slowly, allowing from 15 to 20 min. time for each pound, until the meat is tender. Turn once during the cooking. When half-done, add 1 t. salt and $\frac{1}{4}$ t. pepper. If there appears danger of the meat scorching, a trifle more boiling water may be added during the cooking; but, at the end of the process, there should remain barely enough liquid to cover the bottom of the kettle. Sauce like that for Roast Beef (see recipe) may be made in the kettle after the removal of the pot roast. For variety a spiced sauce is good.

SPICED SAUCE.

To the fat in the kettle, add 2 T. chopped onion, cook until medium brown, stir in 4 T. flour, when smooth, add 2 c. boiling water, and 2 sprigs parsley. Stir until boiling, then put in the juice of 1 small lemon, 1 T. Worcestershire sauce, $\frac{1}{4}$ t. each of ground cloves and ground allspice, and $\frac{1}{8}$ t. ground mace. Season and strain.

POT ROAST OF BEEF, SPANISH STYLE.

2 lbs. upper round	2 c. tomatoes
6 onions, medium size	4 T. grated cheese
2 T. dripping.	

The beef should be, if possible, in a cut about 2 in. thick; trim it, and wipe. Heat the dripping in an iron kettle; sprinkle the meat with flour, put it into the hot fat, sear on all sides, then drain out the dripping, and almost cover the meat with boiling water. Cook rapidly for 5 min., then simmer, adding, when half done, 1 t. salt and $\frac{1}{4}$ t. pepper. Now slice the onions, lay them over the top of the meat, and cook for 20 min.; place the tomatoes over the onions, sprinkle with salt and pepper, and cook again for 20 min., or until meat and vegetables are tender. Scatter the cheese over the top, and let heat until melted. (Be sure to have a full-cream cheese that will not become tough.) Lift out the meat with care, keeping the top undisturbed, pour about it the gravy from the kettle, and serve hot.

ROASTED (OR BAKED) BEEF.

Selection of Meat.

The choice pieces for roasting are the sirloin and the prime ribs. The most tender roast is from the sirloin; the rib cuts are somewhat more economical. Still less costly, and well-flavored, roasts may be had from the chuck and the back of the rump.

If one wishes a rib-roast to be as fully-flavored as possible, the bones should not be removed. The meat on the thin ends of the ribs is, however, generally tough. The economical housekeeper will not have this portion roasted, but will utilize it for stews or similar dishes. A rib roast may be more easily carved after the removal of bone, and the rolling of the meat—which work the dealer usually does, although any one accustomed to cooking should be able to do it without difficulty. From the dealer's treatment there is waste, however, unless one has the bones and trimmings delivered with the meat. These are useful in making soups and sauces.

Cooking the Roast.

Wipe the meat, dredge it on all sides with flour, and lay it, skin side down, on a rack in a baking pan. Should the cut contain but little fat, put 2 or 3 T. dripping, or suet, in the pan. Place in a very hot oven for 15 min., to coagulate the albumen on the outside, then lower the temperature somewhat. If liked rare, cook 15 min. to each pound of meat, for a rib roast, or 20 min. to the pound for a rolled roast. Baste every 15 min. with the dripping in the pan. (The double roasting pan, or self-basting pan lessens the work of basting. A roast prepared in a closed pan has a less pleasing flavor than meat exposed to the action of air, while cooking.) At the end of a half-hour, sprinkle the beef with salt and pepper, and dredge again with flour. Turn the roast once during the cooking. When finished, remove to a heated platter, and keep in the warming oven while making the sauce. Tilt the pan so that the liquid collects in one corner, let it settle a moment, then pour off all the fat except 4 T. Mix with this 4 T. flour, and when smooth, pour in 2 c. boiling water, place the pan over a hot part of the range, stir constantly and briskly until boiling, cook thus for a few moments,

season, if necessary, and strain into a warmed sauce boat.

The roast may have, if desired, an accompaniment of Yorkshire pudding.

YORKSHIRE PUDDING.

2 small eggs	$\frac{1}{2}$ c. flour
1 c. milk	$\frac{1}{2}$ t. salt (scant).

Beat the eggs, without separating, until very thick; add to them the salt and milk, and pour gradually, beating constantly, over the flour which has been sifted into a bowl. When beaten as smooth as possible, strain through a fine sieve into a small baking pan which has been well-greased with the dripping from the roast beef. The batter should be $\frac{1}{2}$ in. deep. Bake for about 30 min. After the pudding is well-risen and apparently firm, baste quickly with dripping from the meat. When done, cut in squares and serve hot, with the roast. If preferred, the mixture may be baked in iron gem pans, well-greased and heated before turning in the batter. More crust is produced by this method. Fill the pans not more than one-third full. Bake about 30 min.

Endeavor to prepare the pudding so that it will finish cooking at the same time as the meat.

HUNGARIAN BEEF STEW.

1 lb. lean beef	$\frac{1}{4}$ c. thick sour cream (or sweet)
1 T. vinegar	2 T. chopped onion
2 T. butter or dripping	$\frac{1}{2}$ t. mixed powdered herbs
2 T. flour	Paprika to flavor.

Choose meat from the shoulder clod, or round, wipe, cut into inch blocks, sprinkle over it the vinegar, and let stand in a cool place for an hour or longer. Heat the butter or dripping in an enamel-ware saucepan, turn in the meat, and stir at times until a medium brown, add the onion and powdered herbs, pour in $1\frac{1}{2}$ c. boiling water, and simmer until the meat is tender. Add 1 t. salt at the end of an hour. When done, mix the flour smooth in 2 T. cold water, stir it into the stew, and continue stirring until boiling. Pour in the cream, and add enough paprika that the flavor is noticeable. Serve on a heated platter. Noodles cooked in stock are usually passed with it.

BEEF LOAF.

2 c. lean beef, chopped fine	2 T. chopped parsley
4 T. finely shopped suet, or butter	2 t. celery salt
$\frac{1}{2}$ c. stale bread crumbs	1 t. salt
2 T. Worcestershire sauce	$\frac{1}{2}$ t. onion juice
$\frac{1}{8}$ t. pepper.	

See that the meat is entirely free from gristle. Mix all of the ingredients together. If butter is used, it should be melted. Shape the mixture into a compact loaf about 6 in. long. Put it into a small baking pan. Place over the top $\frac{1}{2}$ T. chopped suet or the same amount of butter cut in small pieces. Pour into the pan enough boiling water to barely cover the bottom. Bake in a brisk oven for 30 min., basting every 10 min. Serve cold; or hot with tomato sauce. If liked, a brown sauce may be made in the pan, the same as for roast beef.

CORNEB BEEF, BOILED.

Wipe the meat, and bind firmly around it a strip of muslin, to keep in good shape. If known to have been in pickle a considerable time, put it on to cook in cold water, which will draw out some of the salt. The meat usually obtained in city markets, and corned by local dealers, proves, as a rule, more satisfactory when covered, for cooking, with boiling water. Allow 30 min. to each pound of meat, simmer very gently until tender, and remove all scum as it rises. Should the cut be intended for use cold, let it remain in its liquid until partially cool, then remove to a platter, cover and place a weight on top. This pressure renders the meat firm for slicing. Another method is to separate the lean and fat, place them in alternate layers in an enamel-ware pan, set a weight on top, and let stand until the following day before slicing.

For a Hot "Boiled Dinner":—

Prepare several kinds of vegetables, such as potatoes, carrots, cabbage, turnips or onions, and beets. Squash or pumpkin is sometimes added. Beets should be cooked alone, according to the usual method. They may be used hot, dressed with butter, salt and pepper, but are, in most instances, served cold, sliced in vinegar. Squash or pumpkin requires to be cooked in a separate saucepan. When

done, it is mashed and prepared with butter, salt, and pepper. The other vegetables are put, for cooking, into the pot with the meat. Onions are generally chosen of small size, and left whole. (Many persons prefer them cooked in a saucepan separate from the beef.) Either potatoes, carrots, cabbage or turnips should be cut in medium-sized pieces. In winter, allow a full half-hour's time for cooking the carrots, cabbage or turnips, and 20 min., or somewhat more, for the onions and potatoes. Summer vegetables will become tender in a shorter time. If one wishes the dish to appear especially well, each kind of vegetable may be tied, before cooking, in a piece of cheese cloth. When done, turn them out, in separate mounds, about the edge of the meat platter; and have a Drawn Butter Sauce to use on them. Or, the turnips, carrots and potatoes together may be drained, turned into a tureen, and have a sauce poured over them.

BEEF'S TONGUE.

Fresh beef's tongue is more nutritious, but less pleasing in flavor than cured tongue. Large tongues having considerable fat are, as a rule, more tender than those of small size. Tongue is one of the most wholesome of the internal organs.

To Boil Fresh Beef's Tongue.

Wash the tongue in slightly salted water, scrubbing the upper surface, and trim away the tough parts at the tip of the root. Put the tongue into a saucepan, add 2 bay leaves, 1 medium-sized onion, sliced, and 2 stalks celery, cut small. Cover with boiling water, bring to a boil, cook briskly for 5 min., then simmer about 3 hrs., or until tender, adding, after the first hour's cooking, 1 T. salt. Pour in more boiling water, at times, if needed, as the tongue should be entirely covered with liquid until done. Then remove the lid, and, in cold weather, let the tongue cool in the water. In warm weather, lift the meat from the water, as soon as cooked. Skin, trim off surplus fat, remove any bones from the root end, and it is ready for use in various ways.

The liquid answers as a foundation for soup.

To Slice Tongue:—

Using a very sharp knife, cut extremely thin slices.

When nearing the smaller end, make the slices slant considerably, thus securing portions of larger and finer appearance than when cut directly across.

To Boil Smoked Beef's Tongue:—

Prepare like fresh tongue, except that the smoked article requires soaking in cold water, for about 4 hrs., before being cooked. Omit salt, during the boiling.

RAGOUT OF TONGUE.

1 c. cooked tongue,	$\frac{1}{2}$ c. piquante sauce,
cut into $\frac{1}{2}$ -in. blocks	or mushroom sauce.

Make the sauce, heat the tongue in it, for a few moments, and turn out on a warmed platter, garnishing with either a border of hot mashed potatoes, toast points, or hard-boiled eggs cut in quarters.

CASSEROLE OF RICE AND MEAT.

3 c. hot boiled rice	1 c. stock
1 c. cooked (lean) meat,	2 T. minced parsley
chopped fine	1 t. onion juice
2 small eggs	$\frac{1}{4}$ t. celery salt
4 T. cracker crumbs	$\frac{1}{4}$ t. sweet marjoram

Salt; pepper.

Have ready a large saucepan containing boiling water. Grease a mold having smooth sides. Set aside enough rice to cover the top of the shape, then pack the rest of the rice about the bottom and sides of the mold. Beat the eggs slightly, mix with them all the remaining ingredients (except rice), turn into the mold, and spread the rice over. Put the lid on the mold, place in the saucepan of boiling water, and cook for 45 min., or until firm in the centre. Remove the mold from the fire, take off the lid, let the casserole stand a few moments, then turn out, with care, on a heated dish. Serve with tomato sauce.

VEAL.

The name veal is given to the meat of the calf. An animal of about six to eight weeks old yields the best meat—tender, delicate and of light color. From a younger animal, the flesh, termed "bob veal," is soft, watery, of a bluish tinge, lacking in flavor, and may cause serious gas-

tric disturbance to those who partake of it. When such meat appears in the markets of our large cities, where inspectors have power, it is condemned. Good veal has lean of a pale pinkish tinge. As an animal grows older the flesh darkens and toughens. In certain districts, relatively young beef still retains the name veal, but flesh from a creature that has been fed on hay or grass differs greatly from that of "milk veal." If large veal is of very pale color, the meat will probably prove flavorless and dry, since such "blanching" is in most instances produced by bleeding the creature before killing.

Veal spoils quickly in warm weather, and must be looked after carefully. A side of veal is divided into the fore and the hind-quarter. The latter is sub-divided into leg and loin. From the fore-quarter are had the rack, breast, shoulder, and neck. For roasting, one uses the loin, rack or shoulder; or, again, the loin and rack are cut into chops. The leg forms cutlets; for stews or pot-pies, the knuckle—the lower part of the leg from which the cutlets have been removed—is the portion generally used. The breast of veal may be served hot, as a stew, but, by reason of its gelatinous nature, forms an acceptable cold dish, when cooked entire, and sliced. The internal organs of the calf which are used for food include the liver, heart, tongue, brains and sweetbreads. There are two distinct portions composing the sweetbreads. One of these is a somewhat rounded, compact part called the heart or stomach sweetbread; and the other, a long, slender portion, designated the throat sweetbread, is, in reality, the thymus gland. When preparing such food for the sick, one should use, if possible, the heart sweetbread. It proves the more desirable because of having less fibrous connective tissue. Since sweetbreads taint readily, they should be prepared for cooking as soon as received from market.

Calf's head, boiled, because of its gelatinous meat, is considered by many as a quite desirable dish. It is used, also, in making mock turtle soup. Calf's foot jelly, an old-time delicacy for the sick, has now almost fallen into disuse.

VEAL CUTLET, DUTCH STYLE.

The cutlet may be from $\frac{1}{2}$ to 1 in. in thickness. Wipe

it, and sprinkle liberally on both sides, with flour. Put 4 T. butter or dripping into a sauté pan, heat, lay in the cutlet, brown on each side, sprinkle with $\frac{1}{2}$ t. salt and $\frac{1}{8}$ t. pepper, pour on $1\frac{1}{2}$ c. boiling water, cover and let simmer for 30 to 40 min., or until the cutlet is very tender. Lift out, placing on a warmed platter, and remove the small bone from the centre. There should be 1 c. liquid remaining in the pan. Thicken this with 2 T. flour mixed smooth in a little cold water, add seasoning, if needed, and pour over the cutlet. Celery salt or mushroom catsup may be added to the sauce.

VEAL CUTLEL, BREADED.

The meat should be in a slice $\frac{1}{2}$ in. thick. Trim, wipe, and cut in pieces about 2 in. square. Beat an egg slightly, stir into it 1 T. hot water, $\frac{1}{2}$ t. salt, and $\frac{1}{8}$ t. pepper. Dip each piece of veal into this, coating well, then cover with dried bread crumbs. Sauté in about 3 T. dripping, or other fat, turning only once during the cooking, and adding a little more grease at times, if needed. Cook slowly, in order that the veal be thoroughly done. When colored to a rich brown, remove, and serve hot, either alone, or with Tomato Sauce.

SPICED LIVER.

$\frac{1}{2}$ lb. calf's or beef's liver	1 small bay leaf
$\frac{1}{4}$ c. chopped bacon	$1\frac{1}{2}$ T. vinegar
1 egg	$\frac{1}{2}$ t. salt
$\frac{3}{8}$ c. cracker crumbs	$\frac{1}{8}$ t. ground cinnamon
$\frac{1}{4}$ c. stock (from liver)	$\frac{1}{8}$ t. ground mace
1 onion, sliced	$\frac{1}{8}$ t. pepper

Trifle ground cloves.

Try out the fat from the bacon, then discard the bits of meat. Put the liver, sliced, into the grease, and cook carefully until lightly browned. Pour into the pan $\frac{1}{2}$ c. boiling water, add the bay leaf and the onion. Bring to a boil, then simmer until the liver is very tender. The liquid should by this time be reduced to $\frac{1}{4}$ c. Remove the bay leaf, and pass the liver and onion through a meat grinder. Beat the egg slightly, then mix together all the ingredients. Pack into a small mold, greased. (A baking powder can, or a cocoa box, if water-tight, will answer.)

Put a lid on the mold, place in a kettle of boiling water, and cook for 1 hr., or until firm in the centre. Remove, allow to become luke-warm, then turn out, with care. Slice when cold, and arrange, garnishing with slices of lemon; or, pass with it sour pickles.

STUFFED SHOULDER OF VEAL.

Have the meat dealer remove the shoulder blade, sprinkle salt and pepper into the space thus formed, and fill with a stuffing made by mixing together 2 c. stale bread crumbs, 4 T. melted butter, 1 T. finely chopped parsley, $\frac{1}{2}$ T. minced onion, grated rind $\frac{1}{4}$ lemon, $\frac{1}{2}$ t. celery salt, 1 t. table salt, $\frac{1}{4}$ t. pepper, and a few gratings nutmeg. With soft twine, baste together the edges of the cut, or, skewer close. Roast as directed for Roast Beef, allowing fully 20 min. cooking to each pound of meat. Veal, when correctly cooked, is white throughout. Underdone, it proves unwholesome. Before sending the roast to table, remove the twine or skewers. Serve with a brown sauce made in the pan, after the meat is done.

Franconia potatoes are satisfactory with this dish.

Shoulder of veal is an economical roast, and makes a pleasing dish for serving cold.

VEAL LOAF.

1 lb. lean veal (uncooked)	1 T. lemon juice
$\frac{1}{4}$ c. lean boiled ham, chopped	1 t. poultry seasoning
$\frac{1}{2}$ c. stale bread crumbs	$\frac{1}{4}$ t. grated nutmeg
Grated rind $\frac{1}{2}$ lemon	$\frac{1}{4}$ t. pepper
$\frac{3}{4}$ t. onion juice	$\frac{1}{8}$ t. ground cloves
$\frac{3}{4}$ t. celery salt	$\frac{1}{8}$ t. ground allspice,

Wipe the veal, remove any bone, fat, or gristle, and pass the lean meat through a grinder. Mix all the ingredients well, and pack into a small pan, well-greased, having the mixture not less than 2 in. in depth. Place in a brisk oven, reduce the heat after 30 min., and bake until brown. Have at hand a small saucepan, containing 2 T. butter and $\frac{1}{2}$ c. hot water, and use this for basting the meat several times during the cooking. When done, remove from the oven, but let remain in the pan until luke-warm, then turn out. Serve cold, cut in thin slices, and garnish with watercress or slices of lemon.

VEAL POT PIE.

1 lb. lean veal	1 T. minced parsley
$\frac{1}{4}$ lb. lean ham, cut in small blocks	$\frac{1}{4}$ c. carrot, sliced
1 c. raw potatoes, sliced	$\frac{1}{4}$ c. turnip, sliced
1 onion, sliced	1 bay leaf
	Salt; pepper

Biscuit dough.

A small knuckle of veal answers for pot-pie. Wipe, trim, and see that there is a pound (or slightly over) of lean meat. Cut this in 2-in. pieces, put into a large saucepan, add the ham, cover with boiling water, cook briskly for 5 min., then simmer an hour, or longer, until the meat is tender. After cooking for a half-hour, add the bay leaf, carrot, onion, turnip, $1\frac{1}{2}$ t. salt and $\frac{1}{4}$ t. pepper. When the meat is nearly done, measure the liquid, and if not $1\frac{1}{2}$ c., add boiling water. Return to the pan, and thicken with 2 T. flour mixed smooth with a little cold water. Lay the sliced potatoes over the meat, sprinkle with salt and pepper; cover, and cook 15 min. Meanwhile, make a biscuit dough from 1 c. flour (and other materials as usual), roll, cut into small, thin biscuits, place these above the potatoes, cover the saucepan, and cook for 10 to 15 min. Season the pot-pie, if needed, turn out on a heated platter (remove the bay leaf) and scatter the minced parsley on top.

VEAL CROQUETTES.

Make by the recipe for Chicken Croquettes, serve with Tomato, Onion, or Mushroom Sauce. Do not call them "chicken" croquettes.

CALVES' BRAINS.

To Prepare for Cooking:—

As soon as the brains are received, put them into cold water and soak, changing the water several times until the brains are quite white. Then, holding them lightly but firmly, remove the thin membrane surrounding them. Place in a small enamel-ware saucepan, add 2 T. vinegar, 1 stalk celery, cut in thin slices, 1 small onion, sliced, 1 t. salt, and $\frac{1}{4}$ t. white pepper. Cover with boiling water, bring to simmering point—do not boil—and heat for 5

min. Remove from the range, drain, press under a light weight and put in a cold place until well-chilled.

CALVES' BRAINS, SAUTÉ.

After the prepared brains are chilled, cut them in crosswise slices about 1 in. thick, sprinkle lightly on each side with salt and pepper, and coat with egg and crumbs. Fry in deep fat, if desired, or sauté, being careful, in the latter case, that they do not become overly brown. Drain, and serve very hot, with Tomato Sauce, or a Cream of Green Pea Sauce.

SCRAMBLED CALVES' BRAINS.

Prepare one set of brains as directed, when cool, cut them in half-inch blocks. Prepare 4, or more, slices toast, and keep warm until needed. Beat 3 eggs slightly, add 3 T. milk, and the brains. Put 3 T. butter or olive oil into an enamel-ware sauté pan, heat, and as soon as melted, turn in the prepared mixture, stir at times until set as desired, season, turn out quickly on the hot toast, and serve as once.

SWEETBREADS.

To Prepare for Cooking:—

Select sweetbreads as little discolored by blood as may be. Since they do not keep well under any circumstances, put them, as soon as received, into quite cold water, and let stand $\frac{1}{2}$ hr. This soaking, naturally, draws out part of the nutriment, but it improves the appearance greatly. Then trim off any tough muscle and fat. Place the sweetbreads in a small enamel-ware saucepan, add 1 sprig parsley, 1 slice onion, 1 T. chopped celery, and 1 t. salt, cover with boiling water, place over a moderate fire, and simmer—not boil—for 15 min. Remove, put them into ice water for 10 min., take off any outside membrane, and place them in the refrigerator until needed. Even when they can be kept very cool, it is wise to use them in less than two days.

CREAMED SWEETBREADS.

After the sweetbreads have been prepared and chilled, pick them into pieces about 1 in. in size, rejecting all connective tissue. Measure, and for 2 c. sweetbreads

allow 1 c. Cream Sauce, using cream, if possible, rather than milk. When the sauce is done, turn into it the sweetbreads, stir over the fire until steaming hot, season lightly, if necessary, and pour out on hot, delicately browned toast. Serve immediately.

FRIED SWEETBREADS.

Prepare as directed for Calves' Brains, Sauté, and serve with a plain Cream Sauce, Cream of Green Pea Sauce, or Celery Sauce.

MEAT IN AMBUSH.

1 c. cooked veal,	4 to 6 large biscuits
chopped fine	$\frac{1}{2}$ T. minced parsley
1 c. cream sauce	$\frac{1}{2}$ t. onion juice
4 T. chopped pecans	$\frac{1}{4}$ t. celery salt.

Cut the top off of each biscuit, and set aside until needed. Scoop out the centre, leaving a wall about $\frac{1}{8}$ in. thick, being careful not to break the side or bottom. Place the biscuits in the warming oven while preparing the filling. To $\frac{1}{2}$ c. of the cream sauce add the meat, nuts, parsley, onion juice, and celery salt, then stir over the fire until steaming hot, add more seasoning if needed, fill the biscuits, replace the tops, and serve with the remaining half-cup of sauce poured around them.

MUTTON; LAMB.

The meat of sheep is termed mutton. It has now become somewhat scarce in the markets of our country. Consumers prefer lamb, on account of its tenderness; dealers are well-satisfied to handle lamb, as it brings a higher price than mutton; and stock raisers by selling lambs, lessen the time in which they must care for the animals. The mutton of England, especially the South Down, has a notably fine flavor, as the creatures are kept and fed carefully until about four years old. The meat of mutton, when of good quality, has a fine grain, and much fat, white and very firm on account of its large percentage of stearic acid. The marked and unpleasant odor at times noticeable about mutton may be overcome by removing the

pink skin on the outside, and by trimming away considerable of the fat.

Mutton, like beef, is divided into halves, and then into fore and hind-quarter. The fore-quarter is the lowest in prices. The hind-quarter, especially the leg, yields the greatest amount of meat in proportion to fat and bone. For broiling, the cuts used are the chops, the first choice being from the loin or standing ribs, and the second choice, from either the shoulder or the upper part of the leg. "French chops" is the name used for rib-chops with the bone cut short and scraped free of meat at the lower part, leaving only the "eye" of lean meat, and some fat about it. "Rolled chops" are rib chops from which the bone has been removed, after which the meat is formed into a flat round disc, kept in shape by a tiny skewer. Roasting cuts of mutton are the leg, fore-quarter of a small creature, or shoulder of a larger one, or the saddle. This last cut extends entirely across the back, and consists of the two loins. It forms a choice roast, but expensive. Boiling is considered superior to roasting as a method for cooking leg of mutton. Breast of mutton makes inexpensive stews.

The meat of lamb is called lamb. That regarded as best in quality comes from a creature about two months old. It then weighs approximately 25 lbs., and its market price causes it to rank among the luxuries. Later, as it increases in size and weight, the price per pound lowers. The name lamb continues to be given until the animal becomes a year old, when it is called "yearling" lamb or mutton. Being the meat from an immature creature, lamb keeps much less well than mutton, and should be used not later than three days after killing. On damp, warm days in summer, one needs to take especial care of any uncooked lamb that may be at hand. In a fore-quarter, the parts that spoil first are those about the veins and tubes of the throat, hence it is wise to cut these off as soon as the meat is received. In the hind-quarter, the kidney proves the part to taint first. If any discoloration appears about the kidney fat, this indicates that the meat is on the verge of spoiling. Also, when cooking lamb during warm weather, the fire should be brisk. With a slow fire, the

low degree of heat, in combination with the steam generated in the meat, might readily cause tainting.

Lamb is divided into cuts like those of mutton. One may distinguish between mutton chops and lamb chops by the red color of the bone in the latter. In mutton, the bone is white. Also, in leg of mutton, the bone at the joint is smooth and rounded, while in leg of lamb, the bone at the joint is serrated.

Kidneys from lamb, also the tongue and the heart, are the internal organs in most general use as food. The kidneys, especially, are regarded as a delicacy.

Reading:—Mutton and Its Value in the Diet, Farmers' Bulletin, No. 526, U. S. Dept. of Agr.

IRISH STEW.

1 lb. neck of mutton	$\frac{1}{2}$ c. onion, sliced
$\frac{1}{2}$ c. each of carrots, turnips and potatoes, cut in small blocks	3 T. flour
	Salt; pepper.

Wipe the meat (discard surplus fat), cut into small pieces, place in a saucepan, cover with 3 c. boiling water, boil for 5 min., then simmer, adding, at the end of 45 min., the turnips, carrots, onions, and 1 t. salt. Cook until meat and vegetables are nearly tender, add the potatoes, and continue cooking for about 10 min., or until they are tender. Drain, place meat and vegetables on a warmed platter, then measure the liquid. There should be $1\frac{1}{2}$ c. If not, add boiling water. Return to the saucepan, bring to a boil, and thicken with the flour, mixed smooth in a little cold water. When done, season, pour over the stew, and serve hot.

If dumplings are wished with this dish, use 1 c. flour, and other ingredients in correct proportions, preparing and cooking as for Brown Stew of Beef, with Dumplings.

RAGOUT OF MUTTON OR LAMB.

Trim all fat from cooked meat, and cut the lean in pieces about 1 in. square. For 2 c. meat allow 1 onion. Slice it, cook until a pale brown with 2 T. butter, then add 2 T. flour, mix well, pour in 1 c. mutton stock or boiling water, stir until it comes to a boil and thickens, add 1 T. Worcestershire sauce, 1 t. lemon juice, the meat and seasoning. Simmer for a few moments, and serve hot. The

meat "spends further" if there is placed about it a border of hot mashed potato, boiled barley, or boiled rice.

SCALLOPED MUTTON.

1 c. cooked, lean mutton cut in small pices	1 c. stale bread crumbs
1 c. stewed or canned tomatoes	3 T. melted butter
	1½ t. onion juice
	Salt; pepper.

Stir the onion juice into the tomatoes, seasoning to taste. Mix the melted butter and bread crumbs. Over the bottom of a small, greased, baking dish scatter half of the meat, season lightly; over this put half of the tomatoes, then spread with half of the crumbs. Use the balance of the material, alternating in the same way. Baste 2 T. boiling water over the top. Bake on the upper rack of a moderate oven about 30 min., or until a medium brown. Serve hot.

Other meat may be substituted for mutton.

BROILED CHOPS OF MUTTON OR LAMB.

Remove any pink skin from the outside, trim off surplus fat, and wipe the meat. Place in a heated broiler that has been greased with some of the fat from the chops, and broil over a brisk, clear fire, turning once each minute. Allow, for the entire cooking, from 6 to 8 min., depending upon the thickness of the chops. When well puffed up, and browned lightly, they will suit those who like rare meat. If preferred well-done, cook until the puffiness disappears, and no red juice flows when a fork is pressed against the meat. (Never pierce it with the fork.) Season quickly on both sides with salt and pepper, place on a heated dish, and serve at once.

Tomato sauce is sometimes used as an accompaniment to mutton chops, usually, however, only for chops egged and crumbed before broiling or frying. The sauce should be made previous to the cooking of the meat.

With lamb chops, tender green peas, dressed merely with butter and seasoning, are an appropriate accompaniment. Prepare before broiling the chops.

SHEEPS' TONGUES.

To prepare:—

Wash the tongues well in slightly salted water, and

trim away inedible parts at the root. Put them into a saucepan, add—for a half-dozen tongues—1 bay leaf, 1 onion, sliced, and 3 sprigs parsley. Pour over them boiling water, and cook slowly, for several hours, until very tender. At the end of the first hour, add 1 t. salt, and, whenever needed, pour in more boiling water, as the tongues should be covered during the entire cooking. When done, remove the lid, let the tongues cool in their liquid, then remove, skin, trim, and they are ready for use in various ways.

The stock, strained, answers as a basis for soup.

SHEEPS' TONGUE ON TOAST.

To 1 c. meat of cooked sheeps' tongue, cut in very small blocks, allow $\frac{1}{2}$ c. cream sauce. Add to the sauce, when finished, 1 T. finely chopped parsley, grated rind of $\frac{1}{4}$ lemon, and a few gratings of nutmeg. Mix the tongue with it, and stir over the fire until well-heated. Pour on buttered dry toast, and serve hot.

SPICED SHEEPS' TONGUES.

This is a good way of preparing them for a cold dish to use in summer. After the tongues have been cooked almost tender, add to the liquid 1 c. vinegar, 1 bay leaf, 2 doz. cloves, 1 doz. allspice, and 4 in. stick cinnamon, broken in small pieces; also, 1 t. salt and $\frac{1}{4}$ t. pepper. Finish cooking, slowly, until very tender, cool in the liquid, skin, trim, and when ready to serve, cut in halves, lengthwise. Pass with them olives, gherkins, or some sour relish.

BOILED LEG OF MUTTON (Hot).

Wipe the meat, wrap about it a piece of cheese cloth thickly dusted on the inner side with flour, and tie. Put the leg into a large kettle, add 2 bay leaves, 2 sprigs parsley, and 1 sliced onion. Cover with boiling water, and simmer until tender, adding, when about half done, 1 T. salt. Allow, as a guide, 15 min. cooking to each pound of meat. When done, remove the wrapping, put the leg on a heated platter, garnish with parsley, and serve hot, passing with it caper sauce. Should capers not be at hand, a Drawn Butter Sauce may be made from 2 c. of the liquid (skimmed and strained), in which the meat was boiled.

With this dish, turnips and carrots are considered especially appropriate. Cut both into dice, cook separately, drain, then mix, and re-heat in drawn butter sauce or cream sauce, using 1 c. of each vegetable and 1 c. sauce. Stewed navy beans, also, often accompany a hot boiled leg of mutton.

BOILED LEG OF MUTTON (Cold).

Cold boiled leg of mutton is finer in flavor than the hot dish. Cook as directed above, cool in its own liquid, (except in warm weather), carve neatly, and arrange in overlapping slices on a platter. Garnish, if desired, with parsley, watercress, or sorrel. Pass with it jelly made from currants, or other tart fruit. Well-blanchéd chicory, made into salad, is a suitable accompaniment.

Whenever possible, slice the meat only a short time before serving, as it loses flavor if exposed long to the air.

ROASTED SHOULDER OF MUTTON.

Prepare and cook as Stuffed Shoulder of Veal. Serve with it a Piquant Sauce. This forms one of the least costly roasts, the price per pound of the meat being moderate, and the amount of meat in proportion to bone fairly large. It makes a good basis for many re-heated dishes.

ROASTED SHOULDER OF LAMB.

Cook as directed for Roasted Shoulder of Mutton. Serve hot with mint sauce.

From small lamb, the shoulder blade is seldom removed. Hence, no stuffing need be prepared.

PORK.

Pork is the flesh and fat of the hog. Among all meats, this proves the most difficult of digestion. Although it is in season at all times of the year, it should be used sparingly, and, as a rule, only in winter. The great amount of fat renders it unfit for summer diet. Good pork has a smooth, clear skin, white fat, and lean of a fine grained, pale red color. Should the fat be a yellowish-white, and the flesh soft, the meat is unfit for use.

Hams are obtained from the hind legs. "Picnic ham," considerably smaller comes from the shoulder. The ribs

and loin, when cut into chops, are used for broiling; when left in a large portion, they form roasting pieces. From spare-ribs, the outer layer of fat has been removed. These are useful for roasting, or for stewing with vegetables. The tenderloin, a strip of lean meat lying along the backbone, and extending from the ribs to the ham, is a choice cut, usually cooked by broiling. The flank and brisket, when salted and smoked, supply bacon. This is considered the most wholesome part of pork. For the making of lard, the fat about the kidneys, which corresponds to suet in beef, is the firmest and best. It takes the name "leaf-lard." Young pigs, four weeks old, are counted a delicacy, stuffed and roasted whole.

Reading:—Family Living on \$500 a Year (Juliet Corson), pp. 82-94.

PORK TENDERLOIN, SAUTÉ.

Wipe the tenderloin, split lengthwise, and sprinkle with salt and pepper. Put 3 T. bacon fat, or other dripping, into a skillet and let become smoking hot. Roll the tenderloin in flour, place in the pan, and cook slowly (adding more fat at times, if necessary), until a medium brown. Pork requires very thorough cooking. Place on a heated platter, pour out nearly all the grease from the pan, and then make a brown sauce by the usual method, allowing $\frac{1}{2}$ c. sauce, if desired of full flavor.

Tenderloins, although higher in price by the pound than chops, are free from waste, which fact lowers their cost, comparatively.

HAM, VENISON STYLE.

Cut some slices of cold boiled ham. In an enamel-ware saucepan put 3 T. vinegar, 2 T. quite tart jelly (currant, best), $\frac{1}{2}$ t. French mustard (dry), $\frac{1}{4}$ t. pepper, and $\frac{1}{4}$ c. sweet cider. Heat until steaming well, lay in enough ham to cover the bottom of the pan, and cook slowly for about 10 min., or until the liquid has nearly evaporated. Serve hot. This may well be made in a chafing dish.

ROASTED SPARE-RIB.

Wipe the meat, sprinkle lightly on both sides with salt, pepper, and flour. Lay in a baking pan, and pour in enough boiling water to cover the bottom. (A little more

water may be needed later.) Have a brisk oven, put in the spare-ribs, and cook 15 min., then baste with a mixture of 1 c. boiling water, 2 T. melted butter, and $\frac{1}{2}$ t. salt. Continue cooking, more slowly, giving 20 min. time for each pound of meat; and baste frequently. If herb flavoring be desired, sprinkle over the roast, when almost done, a small amount of powdered sage leaves. Brown sauce may be made in the pan, after the meat is removed.

Serve hot apple sauce as an accompaniment.

BOILED HAM.

For Use Cold:—

Scrub the ham well, and cut away the tough skin about the end of the bone. If the meat is known to be very salt, soak it (skin side up) over night, in cold water. At the present time, hams cured by packers seldom need soaking. Put the ham on to cook, skin side up, in enough cold water to cover. Add 2 bay leaves, $\frac{1}{2}$ c. sliced carrots, 1 onion with a half-dozen cloves stuck in it, and 3 in. stick cinnamon, broken into bits. Bring very slowly to boiling point, then skim, and simmer 20 min. to each pound of meat. For a large ham, usually about 4 hrs. time is required. At the end of 2 hrs., turn it, skin side down. When done, remove from the range, take the lid off the boiler, and let the ham cool in the liquid. Trim away the rind, with care, leaving the exposed surface of fat smooth, sprinkle with a mixture of $1\frac{1}{2}$ c. bread crumbs, and $\frac{1}{4}$ c. brown sugar. Place in a quick oven to brown the surface. Cool thoroughly before slicing.

If desired, the bone may be removed from the ham before cooking. The meat then needs tying compactly in several places, with strong twine.

For Use Hot:—

As soon as the ham is cooked, take off the rind. Coat the surface as directed above, set in a hot oven until brown, place on a heated platter; and carve with a very sharp knife.

The vegetables considered best to serve with hot boiled ham are string beans, cauliflower, or cabbage, among the watery vegetables, and potatoes, in some form, for starchy material.

SCALLOP OF HAM AND RICE.

$\frac{2}{3}$ c. boiled (lean) ham, chopped fine	$\frac{1}{3}$ c. milk
1 c. boiled rice	$\frac{1}{3}$ c. grated cheese
	1 small egg

Salt; pepper.

Beat the egg slightly, mix with it all the other ingredients, seasoning to taste. Turn into a small baking dish, greased, and cook in a moderate oven until firm—usually for 30 to 40 min. Serve hot, from the baking dish, passing Tomato Sauce or Cream Sauce.

HAM CROQUETTES.

1 c. hot mashed potato	$\frac{3}{4}$ T. butter
$\frac{1}{2}$ c. boiled (lean) ham, chopped fine	1 or 2 T. cream
Raw yolk 1 egg	$\frac{1}{2}$ T. minced parsley
	$\frac{1}{2}$ t. onion juice.

Mix together all the ingredients except the yolk of egg, season to taste, put them into a saucepan, and stir over the fire until hot. Beat the yolk, add it, and again stir constantly for two minutes. Spread the mixture out on a dish; cool, then form in cork-shaped croquettes, coat with egg and bread crumbs, and fry in deep fat. Serve hot, alone or with Cream Sauce.

POULTRY: GAME.

Under the term poultry are included all the domestic birds used for food, with the exception of squab and pigeon. These are considered as game. The name game is given to all birds or animals living wild, and pursued by man for food. Guineas, although now raised in captivity, have flesh still retaining much of the wild flavor, hence they are at times served in the game course.

The flesh—especially the white meat—of chicken and turkey, being of short, fine fiber, and not mingled with fat, is found to be more digestible than meat from domestic animals. Tame ducks and geese contain much fat, sometimes 40 per cent. in geese, which renders them difficult to digest. Young goose is termed gosling, or green goose, when from 3 to 4 mos. old. By the many pinfeathers, pliable bill, and smooth, yellow feet, a young

goose may be recognized. The fatter, the more tender and juicy the meat. As the bird grows older, the tint of the beak and feet changes from yellow to red. No goose over about 8 mos. old is really good for roasting. An aged goose can not be made tender by any cooking process. Duck, also, should be fairly young, the breast fat and plump, the webbing of the feet and lower part of the legs soft, and the under bill tender enough to break easily. The windpipe, likewise, should break under pressure between one's thumb and finger.

"Spring" chickens, hatched in incubators, are available at practically all times of the year; but the price asked for them is high during winter and spring. Young chicken is best cooked by broiling or frying. Year-old fowl is best for a stew or a roast. From November to March, fowl are considered to be in their prime. Poultry should be dry picked, whenever possible.

There are several features which indicate the age of chickens. If the lower end of the breast bone is cartilaginous, bending readily under pressure, the fowl is not more than a year old. Later the cartilage turns into bone. The legs of an old fowl are scaly and rough, and spurs are large. Young chicken have smooth legs and feet. Many pin feathers appear on young poultry, and long hairs on old fowl. The neck is long in proportion to the entire size of a young chicken.

In choosing dressed poultry, one should avoid those with dry, stiff feet, sunken eyes, and flesh of a dark tinge, somewhat greenish in hue, about the vent and back, as such changes occur when the poultry is on the verge of spoiling. If in good condition, the poultry will have flesh that appears light colored under the skin, and the skin itself will be soft and fine grained. For the sake both of keeping qualities and of pleasing appearance in the poultry after cooking, the skin should be clean, and not much torn. The best chickens are short and plump, with full breast, and small bones. A turkey, when in fine condition, has white-looking flesh, smooth legs, and a plump breast. In old turkeys, the flesh has a purplish tinge under the skin, which is covered with long hairs. A hen turkey, of about 10 lbs. weight, when short and plump, makes a pleasing

appearance as a roast. Male birds have, however, a more pronounced flavor than hens. Young turkeys, or turkey poults, usually sell at a high price, the meat being noticeably tender, but it lacks somewhat in flavor.

Pigeon; Squab:—The flesh of old pigeons is very dark-colored; those satisfactory for cooking have fairly deep red flesh. The flesh of squabs is quite pale, almost pink, while the skin is thin, and of a light creamy tinge. Their legs and feet are soft, and the bodies short and fat.

Rabbits:—Young rabbits have soft ears and paws. On old ones the paws are hard and worn-looking, while the ears are stiff, with rough edges. The body of a rabbit chosen for cooking should be free from unpleasant odor, and the flesh of a clear red, medium tint. The younger the rabbit, the lighter in color the flesh.

Reading:—Poultry as Food, Farmers' Bulletin, No. 182, U. S. Dept. of Agriculture.

POULTRY.

To Prepare a Fowl for Cooking:

If the fowl has been received killed and plucked, pick out the pin feathers, then singe over gas or alcohol, if possible. Holding over burning paper is likely to discolor the skin. Cut through the skin below the leg joint, without cutting the tendons. Slip a steel skewer or fork under each of these separately, and pull them out. With a young chicken, the foot may be placed in a drawer, which is closed upon it, a steady pull upon the body will then draw out all the tendons at once. Cut off the head about two inches from the body. Make an incision at the back of the neck, through its entire length. Loosen the skin, and take out the crop and the windpipe. Turn the skin back, and cut off the neck close to the body. Save the neck to cook with the giblets. Insert the finger at the cavity just below the wishbone, and loosen the heart and lungs. Turn the fowl, and take off the oil sack in the tail. Cut through the skin, across the body, just below the breastbone. Loosen the fat and membranes along the side. Take hold of the gizzard, and with a steady pull all the entrails should come out together. Cut around the vent. Be careful not to break the gall sack, which is embedded in

one lobe of the liver. Wipe the fowl thoroughly, inside and out, with a damp cloth. It is then ready to be prepared for roasting or boiling.

To Cut a Fowl Into Joints:

With a sharp knife make a cut through the thin skin between the leg and the body. Press the leg outward. Then keep the blade of the knife flat against the body, and cut off the second joint close along the backbone. Separate the leg and second joint. Make a circular cut at the base of the wing, and remove it. Treat the other side of the fowl the same way. Then on each side make a cut through flesh and bone from the tip of the breastbone to the wing joint. The breast may then be bent, and broken from the back portion. Divide the breast into three equal parts. To cut the back, slip the knife between the second and third ribs down to the backbone. At this point it will easily break. If the back portions are desired smaller they may be divided lengthwise. This method of disjointing is in general use for a stew or fricassee, and also for frying, unless the chicken is very young. In this case, it is split down the back, the entrails are drawn and it is then cut into halves or quarters.

To Stuff and Truss a Fowl:

Place the fowl in a bowl. Put 2 or 3 T. of filling under the skin of the neck, at the point from which the crop was removed. Fold the skin of the neck over the back. Turn the tips of the wings in to meet it. With a trussing needle holding soft twine take one long stitch fastening wings, back, and neck skin together. Press the middle joint of the wings close against the body of the fowl. Take a stitch in one wing, draw through the body, and into the other wing, and tie. Put the rest of the stuffing into the body of the fowl, closing the opening with long stitches. Push the legs up close to the body. Take a stitch through, from one second joint to the other, then back again, and tie. Fasten the lowest joint of the legs to the tail. After the fowl is cooked, a single cut on each piece of twine will allow it to be drawn out readily, provided the stitches have been taken correctly.

To Clean the Giblets:

The liver, gizzard and heart constitute the giblets. The

neck, tip of wings and feet may also be included. Strip off from the heart the thin sack which covers it. Cut across the heart at the ring of fat surrounding it. Remove any clotted blood from the inside. Separate the two lobes of the liver. Carefully cut out the gall sack, also any part of the liver which has become discolored by touching the gall bladder. Loosen the blue skin from the outside of the gizzard. Turn it back. Cut off the portion of dark, lean meat, running the knife as close as possible to the inner sack, without cutting into it. If the feet are used with the giblets, they should be scrubbed thoroughly, then be put for a moment into boiling water, when the skin may be pulled off. Being gelatinous, the feet enrich a sauce or stew, although they are taken out before serving.

FRIED CHICKEN.

For this, use a young chicken. Remove any pin feathers, singe, split it down the back, and clean. Wipe with a damp cloth. Cut it into halves, quarters or joints, according to the size. Dust with salt and pepper, dip into flour, and fry slowly in moderately hot fat. It makes a better appearance if dipped into egg and crumbs before frying, but the flavor is not so good. Serve hot, with Cream Sauce.

WHITE FRICASSEE OF CHICKEN.

A fowl is best for a fricassee. Singe, clean, wipe, and cut it into joints. Place it in a saucepan, add the giblets, 1 bay leaf, 1 small onion, sliced, and 2 sprigs of parsley. Pour on enough boiling water to barely cover. Bring to a boil. Cook rapidly for 5 min. Then simmer until tender. When about half-done, add 2 t. salt. By the time the fowl is tender, the water should all have evaporated. If there be any left, pour it off, and use for soup or sauces. Take out the bay leaf, onion, and parsley and arrange the chicken neatly on a heated platter and pour on it 2 c. Cream Sauce. Sprinkle finely chopped parsley over the top.

ROAST CHICKEN.

Singe, clean, stuff and truss the fowl. Select a baking pan barely large enough to hold it. Sprinkle salt and pepper all over the chicken, and place it, breast down, in the

pan. Pour into the pan $\frac{3}{4}$ c. boiling water. Put 1 T. butter on top of the fowl, and place in a very hot oven, lowering the heat a little after 15 min. cooking. Baste every 20 min., and turn the roast at times, to brown evenly. A well-chosen fowl, of fairly large size, will readily cook in $1\frac{1}{4}$ hrs., the general rule being 15 min. time to each pound of meat. When done, remove the trussing strings, and serve with Giblet Sauce.

GIBLET SAUCE.

Clean the giblets, wipe, and cut into $\frac{1}{4}$ -in. pieces. Put the gizzard and heart into a small saucepan. Cover with boiling water, and simmer for 1 hr. Then add the liver, and cook 15 min. longer, or until tender. Sprinkle in $\frac{1}{2}$ t. salt at the end of the first half-hour. When done, drain, measure the stock. If there is not enough to make 2 c., add boiling water. Put 4 T. flour into the pan in which the chicken was roasted. Mix smooth. Pour in the 2 c. giblet stock. Stir over the fire until it boils. Add the giblets. Cook a moment longer, and serve in a sauceboat. If it is desired, the neck and feet, skinned, may be cooked with the gizzard and heart, but should not be served in the sauce.

BROILED CHICKEN.

Select a young chicken, singe, remove the head, neck and feet, split open the entire length of the backbone, remove all the inner parts, wipe the inside and the outside of the chicken, spread it open as flat as may be, and turn back the tips of the wings close to the body. Brush the skin with softened butter, and sprinkle, all over, with salt and pepper. Place the bird in a heated broiler, and cook, inner side down, over a clear fire, which is fairly low in the grate. The chicken should be supported about 12 in. above the fire. Give from 30 to 45 min. cooking altogether. When nearly done—it must be white to the breastbone—turn and brown the skin side. Place quickly on a warmed platter, baste with melted butter, sprinkle lightly with salt and pepper, and serve as hot as possible. Tartare Sauce is a good accompaniment.

BOILED FOWL.

Clean and prepare for cooking a fowl about one year

old. Stuff it, and dress the same as for Roasted Chicken. Sprinkle well with salt, pepper, and flour, then wrap in a square of dampened cheese-cloth. Put it into a large sauce-pan, add 1 good-sized onion sliced, 1 bay leaf, 2 sprigs parsley, and 1 stalk celery, cut small. Cover with boiling water, bring quickly to boiling point, cook thus for 5 min., then simmer until tender—about $1\frac{1}{2}$ to 2 hrs. At the end of 45 min., add to the water $1\frac{1}{2}$ t. salt. When done, unwrap the fowl, remove trussing strings, and serve hot with an oyster sauce or an egg sauce poured over it. A little finely chopped parsley may be sprinkled on top.

CREAMED CHICKEN.

To each cup of meat from cooked fowl, cut in small blocks, allow $\frac{1}{2}$ c. cream sauce, heat together for a moment, turn out on hot, dry, buttered toast, and serve at once. (A common fault, in preparing this simple dish, is brisk stirring during the heating. Thus the blocks of meat lose shape, and there results an unpleasant looking, pasty mass.)

When serving a fairly large quantity of chicken, a good dish may be made by forming on a platter a border of hot mashed potato, and pouring creamed chicken in the centre.

CHICKEN AND MACARONI AU GRATIN.

1 c. boiled macaroni	2 T. butter
$\frac{1}{2}$ c. cooked chicken, cut in small blocks	$\frac{3}{4}$ T. flour
$\frac{3}{4}$ c. chicken stock	1 small egg
$\frac{1}{4}$ c. stale bread crumbs	1 T. minced parsley
	$\frac{1}{4}$ t. onion juice.

In a small baking dish, arrange layers of the macaroni,—cut in half-inch lengths—the chicken and the parsley. Melt 1 T. of the butter, stir it through the bread crumbs, and set aside. Mix the other 1 T. butter with the flour, add to them the stock, and cook, stirring until boiling. Remove, and add the onion juice. Beat the egg, pour over it—stirring briskly, the hot liquid, season well, then pour into the baking dish, and cover with the crumbs. Bake on the top rack of a quick oven for about 20 min., or until the crumbs are browned, and serve hot.

JELLIED CHICKEN.

Use well-grown poultry for this dish. Cook as directed

for Boiled Fowl, omitting stuffing, then cool. Skim and strain the liquid, measure out 3 c. and cool. Soak 3 T. gelatine in $\frac{1}{4}$ c. cold water for $\frac{1}{2}$ hr., then dissolve over hot water, add to the 3 c. reserved stock, and season somewhat highly. Boil 4 eggs until hard, cool, shell, and slice. Chop very fine the meat of the cooked fowl, keeping the dark and the light separate. Have ready a square-cornered pan, place in it a layer of dark meat, pour over this enough of the prepared liquid to moisten, then arrange a layer of eggs, next a layer of white meat, adding liquid as before, and so proceed until all the material is used. Do not, however, pour in enough liquid that the meat floats. Occasionally, after standing for a time, the gelatinized liquid sinks below the top, and any left over may then be poured on. Keep the mold in a cold place until stiff, cut in neat slices and garnish with watercress, or parsley. Serve alone, or with Sauce Tartare. If desired, prepare a larger amount of the gelatinized stock, chill any not required for the mold, and, when set, chop fine, using it as a garnish for the meat.

MOLD OF GIBLETS AND RICE.

$\frac{3}{4}$ c. cooked giblets, chopped fine	1 T. melted butter
$\frac{3}{4}$ c. boiled rice	1 t. onion juice
2 small eggs	$\frac{1}{2}$ t. celery salt
$\frac{3}{4}$ c. milk	$\frac{1}{8}$ t. grated nutmeg
	Salt; pepper.

Beat the eggs slightly, without separating white and yolk. Mash the rice free from lumpiness, add to it the eggs, then all the other ingredients, seasoning to taste. Turn into a greased mold, stand in a saucepan of boiling water, cover and steam for about 1 hr., or until firm. Turn out, and serve hot with Sauce Béchamel, or Cream of Tomato Sauce.

CHICKEN PUDDING.

$\frac{3}{4}$ c. cooked chicken, cut in $\frac{1}{4}$ in. blocks	$\frac{1}{2}$ c. flour
1 egg	1 T. melted butter
$\frac{1}{2}$ c. milk	1 T. minced parsley
	$\frac{3}{4}$ t. baking powder
$\frac{1}{4}$ t. salt; trifle pepper.	

Have ready either a steamer or a boiler to contain the pudding mold. See that the water needed is boiling before making the pudding. Grease the mold.

Separate the yolk and white of egg; beat the yolk, add to it the milk, salt, pepper, butter and parsley; sift in the flour, beat until smooth, then add the chicken. Whip the white of egg stiff, add it and the baking powder, folding the mixture together lightly but thoroughly. Turn at once into the mold, put on the lid, and steam for one hour. Make either Drawn Butter Sauce, (using the stock in which the chicken was cooked) or else Celery Sauce. When the pudding is done, turn out, pour the sauce around it, and use hot.

When a mold is placed in boiling water for cooking, the water should reach to within one inch of the lower edge of the lid. If much of it cooks away before the dish is finished, replenish with actually boiling water. The addition of cooler water, by checking the cooking, would probably cause the food material to lose lightness.

CHICKEN CROQUETTES.

2 c. cooked chicken, chopped fine	2 T. chopped parsley
1 c. milk	1 t. onion juice
2 T. butter	$\frac{1}{8}$ t. grated nutmeg
4 T. flour	$\frac{3}{4}$ t. salt
1/6 t. pepper.	

Stir the butter and flour together over the fire until smooth, pour in the milk, and stir constantly until it boils, and forms a thick paste, then remove, and mix in all the other ingredients. Turn out to cool, then form in croquette shapes, dip into egg, coat with bread crumbs, and fry in deep fat, smoking hot. Drain and serve either alone, or with Celery Sauce, or Cream Sauce.

CHICKEN SOUFFLÉ.

1 c. cooked chicken, chopped fine	1 T. butter
1 c. milk	1 T. flour
2 small eggs	1 T. minced parsley
$\frac{1}{4}$ c. stale bread crumbs	$\frac{1}{2}$ t. onion juice
	Salt; pepper.

Before beginning this dish, see that the oven is fairly hot, and the fire steady.

Mix the butter and flour together in a small saucepan, pour in the milk, stir constantly over the fire until boiling and smooth, turn in the crumbs, stir and cook a moment

longer. Remove from the heat. Separate the yolks and whites of eggs; beat the yolks, then mix together all the materials (except whites). Whisk the whites stiff, fold them into the mixture, pour into a china or earthenware baking dish, greased, and bake, on the middle rack, for about 20 to 30 min., or until well-puffed up, lightly browned and firm. Serve at once, (it soon loses lightness, if allowed to stand) either alone, or with Celery Sauce or Mushroom Sauce.

GAME.

PANNED RABBIT.

Clean a young rabbit and cut it into halves. Place in a baking pan, spread over it 4 T. butter, and sprinkle with salt and pepper. Put in the pan 1 medium-sized onion, sliced, 2 bay leaves, 2 sprigs parsley, and $\frac{1}{2}$ c. stock or boiling water. Bake in a quick oven, basting every 10 minutes. When done, put it on a heated dish. Mix 2 T. flour with the fat in the pan, add 1 c. stock or water, stir until boiling, season to taste, and strain it over the rabbit. Serve currant or wild grape jelly as an accompaniment.

RAGOUT OF DUCK.

2 c. cooked duck, cut into $\frac{1}{2}$ in. blocks	1 T. mushroom catsup
1 c. stock or water	Grated rind $\frac{1}{4}$ lemon
2 T. butter	2 t. lemon juice
2 T. flour	1 t. onion juice
	2 T. chopped mushrooms.

For this recipe remnants of roasted wild duck may be used.

Put the butter into a saucepan, and stir it over the fire until brown, add the flour, stir again until brown, pour in the stock, and continue stirring until it boils, then add all of the other ingredients, seasoning if necessary. Let it remain over the fire for a few moments, turn out on a warmed platter and garnish with toast points.

BROWN STEW OF RABBIT.

Clean the rabbit, separate into joints, sprinkle with salt, pepper and flour. Heat in a sauté pan 3 T. bacon fat or other dripping, lay in the rabbit, and cook, turning at times, until a nice brown. Add more fat, occasionally, if

needed. Place the meat in a saucepan, putting with it 1 small bay leaf, 1 onion, sliced, and 2 stalks celery, cut small. Pour into the sauté pan 3 c. boiling water, cook and stir until all brown flavoring matter is loosened from the bottom, then pour this liquid over the rabbit. Bring to a boil, cook thus for 5 min., then simmer until tender, adding 1 t. salt after cooking for 45 min. When done, thicken the sauce if necessary, season to taste, and strain over the meat which has been arranged on a warmed platter. Sprinkle on top 1 T. finely chopped parsley.

SALMI OF DUCK.

Prepare like Ragout of Duck, omitting the mushrooms, and adding $\frac{1}{4}$ c. chopped olives. Pass with it, if possible, wild ripe grape jelly, or wild cherry jelly.

BROILED QUAIL.

Use young birds, prepare and cook like Broiled Chicken, keeping them somewhat nearer the fire. Serve hot, on squares of hot buttered toast. When served at luncheon or dinner, wild green grape jelly is an appropriate accompaniment. A salad of lettuce or cress may be passed with them.

Partridge and prairie chicken are good cooked in this way.

STEAMED (OR BOILED) QUAIL; PARTRIDGE.

This method is useful for old, tough birds. Prepare as for Boiled Fowl, and serve with Oyster Sauce, Celery Sauce or Sauce Béchamel.

BAKED PIGEONS.

Clean the birds, and put inside of each $\frac{1}{4}$ T. butter, a small slice of onion, and a sprinkling of salt and pepper. Truss them, and place in a baking pan, with the breast down, lay a thin slice of bacon on each, sprinkle with salt and pepper, pour in the pan $\frac{1}{2}$ c. stock or boiling water and bake in a very hot oven for about 45 minutes, basting every 10 minutes. Turn the birds over at the end of a half-hour, so that the breast may brown.

While the pigeons are cooking, stew the livers and hearts until tender, then chop them fine. Save the water in which they were cooked. When the birds are done, put

them on a heated dish, remove the bacon from the pan, and put in 2 T. butter and 2 T. flour, mix until smooth, pour in 1 c. of the stock from the giblets, stir constantly until boiling, add the livers and hearts, season if necessary, and pass the sauce with the pigeons. Serve with them green peas or asparagus tips.

SAUCES.

FOR FISH, MEAT, POULTRY, VEGETABLES.

That the world began to use sauces at an early era is shown by Pliny's allusion to a liquid preparation served on, or with, meat, and called *salsugo*. The name was changed, later, and has been handed down to us, through the French, as *sauce*.

The manufacture of sauces became, after the Middle Ages, a commercial enterprise, and so willing were private households to buy ready-made sauces, that the *sauciers* of Paris increased in numbers and importance until they were able to form a trade-union. During the reign of Louis XIV, when fine cookery, like other arts, was much esteemed, many of the sauces evolved proved so excellent that they have, ever since, retained popularity.

Among the ancient Romans, the simple "*jus*" from roasted meat was well-liked. In our own time, roast beef, with its own gravy, appears on French menus as "*rosbif au jus*." There occur many other elementary sauces from liquids in their natural form, or as a result merely of change of temperature of the materials, or some simple mechanical admixture, without the use of thickening. Among such are vinegar, oil, melted butter ("*black butter*" forms a simple evolution), caramel, *tobasco* sauce, mint sauce, the *cassareep* of the West Indies, the *chutney* of the East Indies, *marinade*, growing into French dressing, or *vinaigrette* sauce, and others. Through fermentation as a basic process, comes the soy of the Chinese, and the more familiar *Worcestershire* sauce.

Those sauces termed compound have thickening of one material, or more. For such purpose, the most commonly used substances are flour, cornstarch, eggs and gelatine. The word *roux* means a mixture of some starchy material and fat, which is used for thickening. *Roux* may

be either white or brown, and from the color, the two foundation sauces, white and brown, take their name.

A well-made sauce never shows any lumps of its thickening material. When flour, or something similar, is used, the tiny particles of starch must be separated in some way, before being mingled with any hot liquid, or even a large amount of cold liquid. This may be done by either of several methods: (a) Blend flour and butter, or other fat, thoroughly; (b) Stir flour to a smooth paste with cold water, milk, etc.; (c) Mix flour and sugar—for a sweet sauce. If eggs be used for thickening in order to prevent unpleasant lumps from overly-heated albumen: (a) Mix the eggs with a portion of the cold liquid; (b) Beat the eggs, and stir, slowly, into them some of the hot liquid; (c) Stir together the beaten eggs and the entire amount of cold liquid, and slowly heat to the required temperature; (d) For a sweet sauce, beat eggs and sugar together. Usually, also, for a hot sauce, eggs are added, to avoid over-cooking, only a few moments before the preparation is removed from the fire. In certain cold sauces, mayonnaise, for example, yolk of egg thickens by forming an emulsion with oil.

There are fixed proportions for the thickening of sauces that one does well to bear in mind. Two level tablespoonsful of flour, (and two level tablespoonsful of butter) will render one cup of sauce of the ordinary consistency to use with meat, vegetables, etc. Double this amount, or four tablespoonsful of flour, are needed for one cup of sauce, or binding, to use in a croquette mixture; while half the normal amount, or one tablespoonful of flour, will be enough thickening for one cup of cream soup.

While there exists no hard and fast rule, white sauce, and its derivatives, are generally the most suitable with vegetables, fish, poultry, and the light-fleshed meats. Especially is this true when the articles have been cooked by stewing or boiling. Brown sauce, or other sauce of dark color, well accompanies the dark-fleshed meats. Such sauces are correct, also, with poultry and the light meats when the outside has been browned, as by roasting, braising, or fricasseeing.

CAPER SAUCE.

I c. Cream sauce or Drawn Butter Sauce 3 T. capers.

Drain the capers thoroughly, and add them to the sauce immediately before using. This is served with boiled leg of mutton, or fish.

When capers are not available, or to suit the taste of those who do not care for them, chopped sour gherkins may be substituted. In this instance, the Drawn Butter Sauce is the most appropriate.

CREAM SAUCE

2 T. butter	1 c. milk
2 T. flour	$\frac{1}{2}$ t. salt
$\frac{1}{8}$ t. white pepper.	

Put the butter and flour into a small enamel ware saucepan, stir, over the fire, until well-blended, being careful not to brown in the least. Pour in the milk, all at once, and stir constantly until boiling, continue the cooking for a few moments, mix in the salt and pepper, and it is ready to use.

If one wishes a very shiny sauce, like that prepared by chefs, the sauce, after being made, needs to be placed in a double boiler, and allowed to heat slowly for about an hour—to “sweat,” in the trade vernacular. Just before serving, it should be given a brisk beating.

It is necessary to avoid the use of any skillet or other utensil of iron when making cream sauce, as its flavor is injured by contact with this metal.

CREAM OF GREEN PEA SAUCE.

To 1 c. Cream Sauce add from $\frac{1}{2}$ c. to 1 c. (as desired) of cooked green peas, drained free of liquid. Heat together for a moment, and serve with fried chicken, or with croquettes of mutton, lamb, chicken, lobster or salmon.

CHEESE SAUCE.

1 c. Cream Sauce 4 T. grated or finely chopped cheese
 Few grains paprika or cayenne.

To the hot cream sauce add the cheese, and stir constantly over the fire until the cheese melts, add the extra pepper, and use.

For this sauce, the cheese should be medium or well ripened. A quite mild cheese would be needed in larger amount, and even then, the flavor would scarcely be correct. If one has at hand Edam cheese, the scrapings from the

rind, after the contents have been used, if put through a meat grinder, afford desirable color and flavor for cheese sauce.

DRAWN BUTTER SAUCE.

4 T. butter	1 c. boiling water
2 T. flour	$\frac{1}{2}$ t. salt
$\frac{1}{8}$ t. white pepper.	

Into a small saucepan put the flour and half of the butter. Stir over the fire until thoroughly mixed, pour in the boiling water, and continue stirring until the sauce boils and thickens. Add the seasoning, and when ready to use, cut the remaining butter into bits, stir it into the sauce, and use as soon as the butter melts. By adding a portion of the butter last, in this manner, the sauce has a fresher flavor than when all the fat is subjected to the heat of cooking.

In preparing a Drawn Butter Sauce for use with mildly-flavored vegetables, such as celery, green peas, or asparagus, the sauce may be improved by using as liquid the water in which the vegetable has been cooked. Season to taste.

EGG SAUCE.

For each cup of Cream Sauce allow 3 hard-boiled eggs. They may be put, yolks and whites together, through a ricer; or the whites may be sliced in thin rings, and the yolks rubbed through a fine sieve; or, both the yolks and whites may be cut into blocks, about one-third inch in size. However prepared, they should be turned into the hot sauce only a few moments before serving.

Use to accompany boiled fish, or boiled poultry.

CREAM OF TOMATO SAUCE.

To $\frac{1}{2}$ c. hot Tomato Sauce (Vol. I, p. 127), add, just before serving, trifle bicarbonate of soda, and then stir in lightly $\frac{1}{2}$ c. of whipped cream.

Or, add to $\frac{1}{2}$ c. hot tomato sauce, trifle bicarbonate of soda, and $\frac{1}{2}$ c. hot cream sauce.

Good with lobster, shrimps, or fish.

OYSTER SAUCE.

Make 1 c. Cream Sauce, using one-fourth more flour than usual. Scald, in their own liquor, from 1 c. to $1\frac{1}{2}$ c.,

as desired, of oysters, drain, leave small oysters whole, cut large ones in half. Add them and 2 T. of their liquor to the hot Cream Sauce, stir in also, $\frac{1}{2}$ t. celery salt, and a trifle each of salt and cayenne. Reheat for a moment, then serve at once with boiled fowl, boiled cod or other white-fleshed fish.

CURRY SAUCE.

Prepare according to rule for Drawn Butter Sauce, mixing 1 t. curry powder with the butter and flour. When the sauce is finished stir in 1 t. onion juice and 2 t. lemon juice.

This is frequently used in re-heating veal, chicken or other poultry. (The stock—if white—from the meat may well be substituted for water, in the sauce.)

With curried dishes, plain boiled rice should always be passed; also, a sweet pickled fruit.

CELERY SAUCE.

$\frac{1}{2}$ c. celery	2 T. butter
1 c. white stock or water	2 T. flour
$\frac{1}{2}$ c. rich milk	Salt; white pepper.

Cleanse the celery thoroughly, scraping, if necessary, and cut—not chop—into pieces about $\frac{1}{8}$ in. square. Put them with the stock or water (the former being decidedly preferable) into a small saucepan, add $\frac{1}{2}$ t. salt, put on a lid, and boil for 15 to 20 min., or until the celery becomes fairly tender. (If cooked more than 20 min., the flavor is lost.) Drain, save the celery, and add to it enough of the liquid to make altogether $\frac{3}{4}$ c. Add to this the half-cup of milk. Put the butter and flour into a saucepan, blend, over the fire, pour in the prepared liquid, stir until boiling, and season to taste.

Celery sauce is particularly good with veal croquettes, wet-panned oysters, sweetbreads, or boiled chicken.

BÉCHAMEL SAUCE.

$\frac{1}{2}$ c. thin cream	2 T. flour
$\frac{1}{2}$ c. white stock	Raw yolk 1 egg
2 T. butter	Salt; white pepper.

Place the butter and flour in a small saucepan, and heat, stirring well together, pour in the stock and cream,

and stir constantly until it boils and thickens. Remove to a cool part of the range. Beat the yolk of egg somewhat, stir into it 2 or 3 T. of the hot sauce, mix well, then turn into the saucepan, stir constantly over the fire for about a half minute, remove, season, and use at once.

(To save time at the last moment, the sauce—omitting the egg—may be made earlier, and kept hot in a double boiler. When about ready to serve, stir in the egg yolk.)

This sauce may accompany poultry, sweetbreads, veal soufflé, or scalloped veal.

HOLLANDAISE SAUCE.

To a Drawn Butter Sauce, when finished, add 1 T. minced parsley, $\frac{1}{2}$ T. lemon juice, $\frac{1}{2}$ t. onion juice, and the beaten yolk of 1 egg. Stir all together over the fire for a moment, and serve with fish.

CREAM HORSERADISH SAUCE.

$\frac{1}{2}$ c. whipped cream	$\frac{3}{4}$ t. onion juice
2 T. grated horseradish	$\frac{3}{8}$ t. salt
2 T. lemon juice	$\frac{1}{8}$ t. white pepper
$\frac{1}{8}$ t. granulated sugar.	

Stir the ingredients together lightly, keep very cool until needed, and serve as an accompaniment to cold sliced tongue, jellied tongue, cold beef loaf, or cold roast beef.

BEARNAISE SAUCE.

To the beaten yolks of 4 eggs add 4 T. olive oil and 4 T. hot water. Cook in a double boiler, stirring constantly until the sauce is as thick as custard, turn out at once, and mix with it 1 T. vinegar, $\frac{1}{4}$ t. salt, and a trifle of white pepper. Chill thoroughly. Pass with lobster cutlets, fish croquettes, or broiled beefsteak.

SAUCE TARTARE.

1 c. mayonnaise or	1 T. chopped parsley
boiled dressing	1 T. chopped sour gherkins
2 T. finely chopped olives	$\frac{1}{2}$ T. chopped capers.

Mix all the ingredients, and serve as cold as possible, with jellied chicken, cold boiled salmon, fried oysters or lobster cutlets.

BLACK BUTTER.

4 T. butter	$\frac{1}{2}$ t. onion juice
$1\frac{1}{2}$ T. vinegar	$\frac{1}{2}$ t. salt
$1\frac{1}{2}$ T. minced parsley	$\frac{1}{4}$ t. black pepper.

Put the butter into a small pan, and heat until it browns, add the other ingredients, bring to a boil, and serve with fish. It may be poured over broiled fish, immediately before sending to table, but should be passed with fried fish.

BROWN SAUCE (NO. 1).

For making a simple brown sauce to serve with roasted meats, directions are given under Roasted Beef.

BROWN SAUCE (NO. 2).

2 T. butter	2 sprigs parsley
2 T. flour	2 blades mace
1 c. brown stock or water	1 T. Worcestershire sauce
1 small onion, chopped fine	$\frac{1}{2}$ t. salt
$\frac{1}{2}$ bay leaf	Trifle of black pepper.

Heat the butter in a sauté pan, add the onion, bay leaf, mace, and parsley; cook over a moderate fire, stirring almost constantly, until a rich brown. Mix in the flour, and when smooth, pour in the stock, stir constantly until boiling and thick. Strain into a warmed gravy boat, add the Worcestershire sauce, and season to taste. When water must be used in place of stock, 2 T. Worcestershire sauce will probably be needed to give the sauce a good color. If preferred, a little quite dark caramel (see recipe) may be added for coloring.

MUSHROOM SAUCE.

This may be made with a foundation of either brown sauce or cream sauce. Cook the mushrooms, cut in small pieces, and drain. Add them to the hot sauce only a moment before serving. Allow from $\frac{1}{2}$ c. to 1 c. mushrooms to each cup of sauce. Canned button mushrooms, being fairly light in color, and of not very marked flavor, are best with cream sauce. Fresh mushrooms, because of their dark tinge after cooking, are generally preferred in brown sauce.

White mushroom sauce is appropriate with almost

any dish of veal or poultry; while brown mushroom sauce answers well with beef, particularly broiled fillet or broiled steak.

BROWN TOMATO SAUCE.

$\frac{1}{2}$ c. strained, cooked tomato pulp, $\frac{1}{2}$ c. Brown Sauce.
seasoned

Mix the ingredients, re-heat, and use with any preparation of beef requiring a sauce. Good, also, with macaroni.

PIQUANTE SAUCE.

1 c. Brown Sauce 2 T. vinegar
2 T. onions, chopped fine 2 T. chopped sour pickles.

Mix all the ingredients, heat for a few moments, and serve with any dish of beef or pork with which sauce is desirable.

MINT SAUCE.

8 T. vinegar 2 T. brown sugar
4 T. minced mint leaves $\frac{1}{2}$ t. salt
Trifle black pepper.

Wash the mint leaves thoroughly, and chop very fine. Mix with them the sugar and salt, rubbing together well, to obtain the full flavor of the mint; add the rest of the ingredients, and let stand in a cool place for 15 min. before using. Serve with Roast Lamb.

MINT JELLY.

$\frac{1}{4}$ c. white wine vinegar $1\frac{1}{2}$ T. gran. gelatine
 $\frac{3}{8}$ c. granulated sugar $\frac{1}{4}$ c. minced mint leaves
 $\frac{1}{4}$ t. salt.

Soak the gealtine in 2 T. cold water for $\frac{1}{2}$ hr. Put the finely chopped mint into a double boiler, add $\frac{3}{4}$ c. boiling water, and let stand over the fire for 10 min. Add the sugar, salt, and soaked gelatine, stir until the gelatine is dissolved, then strain through a double thickness of cheese cloth, pressing hard, to obtain all the mint flavor possible. Add the vinegar, and, if liked, a little green color paste. Pour into small timbale molds, chill until firm, turn out, and serve with cold roast lamb, or lamb croquettes. The liquid may be put in a large dish to solidify, and should then be turned out, chopped fine, and used to garnish a platter of sliced cold lamb.

MINT CHUTNEY.

1 c. sultana raisins	1 T. sugar
$\frac{1}{2}$ c. chopped mint leaves	$\frac{1}{2}$ t. salt
$\frac{1}{4}$ c. vinegar	$\frac{1}{8}$ t. pepper.

Wash the raisins, drain, and chop fine, then mix together all the materials, let stand 2 hrs. for the flavors to mingle well, and serve with cold roast lamb, or lamb curry.

STUFFINGS FOR MEAT, FISH, POULTRY.

BREAD STUFFING.

2 c. stale bread crumbs	4 T. butter
1 T. chopped parsley	1 t. salt
$\frac{1}{2}$ T. chopped onion	$\frac{1}{4}$ t. pepper.

Melt the butter, and mix all of the ingredients together.

MOIST STUFFING.

2 c. stale bread crumbs	1 t. salt
4 T. melted butter	2 T. minced parsley
Yolks 2 eggs	1 T. minced onion
$\frac{1}{2}$ c. milk	1 t. mixed powdered herbs
	$\frac{1}{4}$ t. black pepper.

Put the crumbs, which should be rubbed fine, into a bowl, mix in all the dry ingredients, then pour over them the melted butter, stirring well. Beat the yolk of egg, add the milk, and combine with the other materials.

BREAD AND SAUSAGE STUFFING.

1 $\frac{1}{2}$ c. stale bread crumbs	1 t. minced onion
$\frac{3}{4}$ c. cooked sausage meat	Grated rind $\frac{1}{4}$ lemon
1 t. mixed powdered herbs	Salt; pepper.

Cook the sausage until moderately brown, discard any skin, and chop the meat moderately fine. (This heating improves the flavor of the stuffing, and gives the sausage merely the needful amount of cooking.) Mix with the bread crumbs the fat drawn from the sausage during the heating, or, if not enough to moisten well, add melted butter, then mix all the ingredients, seasoning to taste.

Should a firm dressing, for slicing cold, be liked, add a small egg, beaten.

FRUIT STUFFING (GERMAN).

1 c. stale bread crumbs	2 T. melted butter
1 c. tart apples, chopped	1 $\frac{1}{4}$ t. mixed powdered herbs
$\frac{1}{4}$ c. Sultana raisins or currants	(poultry seasoning) 1 $\frac{1}{4}$ t. salt
$\frac{1}{4}$ c. mashed, boiled onions	$\frac{1}{4}$ t. pepper.

See that the Sultana raisins or the currants are well cleaned, and free of stems. Mix all the ingredients, and use as filling for duck, guinea hen, or goose. (Twice this amount of stuffing will be needed for goose.)

POTATO STUFFING.

2 c. (hot) mashed potato	4 T. cream
2 T. butter	1 t. onion juice
2 T. minced parsley	$\frac{3}{4}$ t. salt
Yolks 2 raw eggs	$\frac{1}{8}$ t. pepper.

Mix the butter into the hot mashed potato. Beat the yolks somewhat, add to them the cream, which should have been heated to scalding point, stir with the potato mixture, then add all the other ingredients, combining well. This stuffing answers for fish, duck, or goose. The amount should be increased for goose, and 1 or 2 t. powdered sage are a good addition.

VEGETABLES.

See Vol. I, pp. 18-21 ; 38-42.

Readings:—Food: Origin, Composition and Manufacture (William Tibbles), Chap. XIX, also pp. 541-563.

BOSTON BAKED BEANS.

To each pint of dried beans—Boston pea, yellow eye, or navy, as preferred—allow 6 oz. fat salt pork, $\frac{1}{4}$ c. molasses, and 1 t. salt. Pick over the beans, wash, and soak in cold water over night. Put them on to cook in the same water, and, as soon as they come to a boil, drain, and cover with fresh boiling water. Simmer for 45 min., then put both beans and water into the bean pot, and stir in the molasses. Scald the pork rind, scrape, and make

parallel cuts entirely across the rind, having them about a half-inch apart, and one inch deep. Press the pork down into the beans, allowing only the rind to show. Adjust the cover, and bake the beans in a slow oven over night; or, during the day, for about 6 to 8 hrs., until they are very tender. Add more boiling water at times, if needed, but when done, nearly all the liquid should have evaporated. Add the salt a half-hour before removing from the oven. Serve with Boston brown bread.

If the flavor of pork is disliked, substitute $\frac{1}{4}$ c. (or more) of good butter.

CABBAGE ROLLS.

$\frac{1}{2}$ c. cooked meat, chopped	1 t. minced powdered herbs
$\frac{1}{2}$ c. boiled rice	(poultry seasoning)
$1\frac{1}{2}$ T. tomato catsup	Cabbage leaves
Salt; pepper.	

Select a small head of cabbage, trim, rinse, and remove the number of leaves required, allowing one large leaf, or two small ones, for each roll. Place the leaves in a saucepan, cover with boiling water, add salt, simmer for 10 min., then remove and cool somewhat. Meanwhile, mix the other ingredients, seasoning rather highly. Put a rounded tablespoonful of the filling on each leaf (or two arranged together), roll in the sides, then the ends, enclosing the filling securely, and tie with soft twine. Place the rolls in the water reserved, and simmer for 20 min. Remove, take off the strings, put the rolls on a warmed dish, and pour over them Drawn Butter Sauce, Tomato Sauce or Cream Sauce.

LADIES' CABBAGE.

2 c. boiled cabbage, chopped fine	$\frac{1}{2}$ c. buttered bread crumbs
1 egg	$\frac{1}{4}$ c. thin cream
2 T. melted butter	Salt; white pepper.

Beat the egg slightly, add to it the cream, melted butter, and cabbage, seasoning to taste. Put into a greased baking dish, smoothing the top, and cover with the buttered crumbs. Bake in a moderately brisk oven until the custard sets, and the top becomes lightly browned. This is almost as delicate as cauliflower.

HOMINY CROQUETTES.

$\frac{1}{2}$ c. granulated hominy	1 T. minced parsley
$1\frac{1}{2}$ c. milk	$\frac{1}{2}$ t. onion juice
Yolk 1 egg	$\frac{1}{2}$ t. salt
$1\frac{1}{2}$ T. grated cheese	$\frac{1}{8}$ t. white pepper.

Rinse the hominy, and soak in cold water over night. Drain well, pour over it the milk, and cook in a double boiler for 1 hr. Remove from the fire, add the yolk of egg, beaten, and all the other ingredients, mix well, and turn out to cool. Form in cork-shaped croquettes, coat with egg and bread crumbs, fry in deep, hot fat, drain, and serve with Tomato Sauce.

BAKED MACARONI.

$\frac{1}{4}$ lb. macaroni	$\frac{1}{2}$ c. thin cream
$\frac{1}{4}$ lb. grated cheese	2 T. butter.

Break the macaroni in inch pieces, drop it into $1\frac{1}{2}$ qts. boiling water, and add $1\frac{1}{2}$ t. salt. Boil rapidly until tender, drain, and put it into cold water for 10 min. to swell and whiten. Then drain, and place the macaroni and cheese in alternate layers in a baking dish, sprinkling each layer with a little paprika, and salt, if necessary. Pour in the cream, cut the butter in bits, and drop over the top. Bake in a fairly brisk oven about 20 min., or until lightly browned, on top.

MACARONI CROQUETTES.

1 c. boiled macaroni	1 T. butter
$\frac{1}{2}$ c. milk	$\frac{1}{4}$ t. salt
2 T. grated cheese	$\frac{1}{8}$ t. white pepper
2 T. flour	Trifle of paprika.

Cut the macaroni in slices not over one-fourth inch wide. Scald the milk, add the butter and flour (which have been rubbed together until very smooth), stir constantly over the fire until boiling and quite thick, add the grated cheese, stir until it melts, remove from the range, mix in the other materials, and turn out to cool. Form cork-shaped croquettes, coat with egg and crumbs, fry in hot, deep fat, and serve with Cheese Sauce.

NOODLES AU GRATIN.

Make noodles (recipe p. 17), boil in slightly salted

water, drain, and to every 2 c. add 1 c. cheese sauce. Turn into a small greased baking dish, cover the top with a mixture of $\frac{1}{4}$ c. buttered bread crumbs and $\frac{1}{4}$ c. grated cheese. Place on the upper rack of a hot oven until a medium brown.

NOODLES, ITALIAN STYLE.

Cook noodles until tender in enough strained, seasoned tomato juice to cover them. Place in a warmed vegetable dish, and scatter over the top a layer of grated cheese. Set in the oven for a few moments to heat—not brown—the cheese.

SPAGHETTI, VENETIAN MODE.

1 c. boiled spaghetti	$\frac{1}{4}$ c. stock
$\frac{1}{4}$ c. boiled (lean) ham, chopped fine	1 T. melted butter
$\frac{1}{4}$ c. grated cheese	$\frac{1}{2}$ t. onion juice
	Trifle of paprika.

Cook the spaghetti in stock, if possible. When done, there should be $\frac{1}{4}$ c. stock remaining. Add to it all the other materials except the cheese, heat, then turn into a warmed vegetable dish, sprinkle the cheese on top, and place in the oven for a few moments before serving.

Chopped chicken giblets may be used instead of ham.

MUSHROOMS.

Although there are very many varieties of edible mushrooms and other fungus growths, in the United States only a few kinds are commonly used as food. Among those most often available are the morel—probably the most desirable of all—the giant puff-ball, the coprinus, the shaggy-man, and the meadow mushroom. One should learn to recognize not only the ordinary varieties valuable as food, but also—in order to avoid them—those which are harmful. One, in particular, bears much resemblance to the meadow mushroom, but the poisonous kind is white throughout, cap, gills, and a sort of cup, called a poison cup, under ground, partially or entirely. The common field, or meadow mushroom, has pink gills when young, and these turn gradually brown, then black.

“Button” mushrooms—the kind put up in cans—are young mushrooms of the campestris family, the variety usually offered in market. The “cepes”—to be had at

Italian stores—are dried boleti. Truffles, a black, or oddly mottled kind, grow underground, mostly in France, and owing to their much esteemed flavor, scarcity and the difficulty in gathering them, their price is always high.

When cleansing mushrooms, one should never let them soak in water, as this robs them of flavor. They should be quickly but thoroughly rinsed in water to which both salt and vinegar have been added. The salt has the effect of loosening any insects, and the vinegar may act as an antidote against certain poisonous properties in some mushrooms.

All the fungus growths require quick cooking. Long protracted heat drives off their flavor. There are on the market baking dishes, with bell-shaped glass covers, intended to conserve the flavor of mushrooms.

CREAMED MUSHROOMS.

Examine the mushrooms, trim, rinse, break large ones in pieces, and cook in an enamel-ware saucepan, adding barely enough boiling water to cover the bottom, sprinkle the mushrooms with salt, and place a lid on the saucepan. When done, drain, saving the liquor, and measure the mushrooms. To each cup allow $\frac{1}{2}$ c. of their liquor and $\frac{1}{2}$ c. cream. Mix these, and use, with 2 T. butter and 2 T. flour, to make a sauce, seasoning lightly. Add the mushrooms, heat for a moment, pour out on hot buttered toast, and serve immediately.

BROILED MUSHROOMS.

Select mushrooms not less than 3 in. in diameter. Examine them, remove the stalks close to the top, rinse the caps and peel. Place them, gill side up, in a single layer, on a platter, sprinkle with salt and pepper, baste over each some melted butter, and set aside for a half-hour. Prepare toast, butter it, and keep warm. Arrange the mushrooms in a light wire broiler, being careful not to break them. Cook over a brisk fire, expose the gill side first to the heat, letting them become merely warmed, and before the juice begins to flow, turn, and broil with the top down. Use a spoon to lift the mushrooms from the broiler, place on the hot toast, pour over them melted butter, and serve quickly.

$\frac{3}{4}$ c. chopped cooked meat, preferably sausage, $\frac{3}{4}$ c. stale bread crumbs, $1\frac{1}{2}$ T. melted butter, beaten yolk of 1 egg, 1 t. mixed poultry seasoning, 2 T. or more, stock or cream, and salt and pepper to taste.

Cut out the centre from the onions, leaving cases of about a half-inch in thickness, and stuff, rounding them slightly. Set them, close together, in a small baking pan (enamel ware), pour in stock or boiling water to half the depth of the onions. Cover, and bake 1 hr., or until tender, basting occasionally. Set, uncovered, on the upper rack, for a few moments, to brown the crumbs, is necessary. Serve as a garnish for roast pork, or, place in a vegetable dish, and pour about them a Drawn Butter Sauce.

Since the onions are best when cooked in stock, should none be at hand, substitute a dissolved bouillon cube, or beef extract.

POTATO CROQUETTES.

1 c. mashed potato	1 T. minced parsley
Yolk 1 egg	$\frac{1}{2}$ t. onion juice
$\frac{1}{2}$ T. butter	$\frac{1}{4}$ t. salt
1 T. cream	Slight grating nutmeg
	Pepper.

Two potatoes of medium size will usually make 1 cup when mashed.

Pare the potatoes, boil until barely tender, drain, shake over the fire until mealy, mash quite free of lumps. Mix with the cup of potato, all the other ingredients, having the yolk of egg beaten. Put the mixture into a small saucepan, place on the range, and stir constantly until steaming hot, then turn out to cool. Form in cork-shaped croquettes, coat with egg and crumbs, and fry in deep hot fat.

DUCHESS POTATOES.

1 c. mashed potato	1 T. butter
Yolk 1 egg	Salt; pepper
White of egg	Bread crumbs.

Heat together, stirring constantly, the mashed potato, butter and yolk of egg; when steaming hot, remove from the fire, add $\frac{1}{4}$ t., or more, of salt, and a little pepper.

Pack firmly in small cups, or timbale molds, greased, turn out in a few moments, brush over lightly with the slightly beaten white of egg, roll carefully in the bread crumbs, and set in a quick oven to brown a trifle.

FRANCONIA POTATOES.

Select potatoes of medium and equal size, wash, pare, put them in a saucepan, cover with boiling water, simmer 5 min., and drain. About 45 min. before a roast of beef, or other meat is done, lay the potatoes in the pan, around the meat, turn them over once during the baking, and baste whenever basting the meat. Serve on the platter with the meat, or put them in a tureen.

SAVOY POTATOES.

1 c. raw potatoes,	$\frac{1}{2}$ c. grated cheese
sliced thin	$\frac{1}{2}$ T. butter
1 egg	$\frac{1}{2}$ t. salt
$\frac{1}{2}$ c. milk	$\frac{1}{8}$ t. grated nutmeg

White pepper; paprika.

Put the sliced potatoes into a saucepan, pour over them boiling water, simmer for 5 min., then drain. Mix the cheese, grated nutmeg, salt and pepper. Grease a small baking dish, and place in it alternate layers of potato, and the cheese mixture. Beat the egg, add to it the milk, and pour into the dish. Drop the butter, cut into bits, over the top. Bake in a quick oven, keeping the dish covered for the first 20 min., and serve hot.

For this recipe, the cheese must be of good quality. A "filled" cheese will become tough.

STUFFED POTATOES.

Scrub large, perfect potatoes, of even size, and bake in a fairly quick oven. When tender, remove, cut off one end of each, scoop out the centre, being careful not to break the skins, which should be put aside for re-filling. Mash the potato free from lumps, and for every 2 c. stir in $1\frac{1}{2}$ T. butter, 2 T. hot milk, $\frac{1}{2}$ t. salt, and $\frac{1}{8}$ t. white pepper; then mix in lightly the stiffly-beaten white of 1 egg. Re-fill the skins, rounding a little over the top, and brush with the beaten yolk of egg, to which $\frac{1}{2}$ T. milk has been added. Place in a pan, set on the upper rack of the oven to heat, and brown slightly. Serve quite hot.

There are numerous variations of this recipe. Sometimes they receive the name Potatoes on the Half Shell, being cut lengthwise into halves, after baking; then cooked meat, chopped fine, and highly seasoned, is mixed with the mashed potato. Again, several spoonful of grated cheese are stirred into the potato. With such additions of protein, they may answer as a substitute for meat at a light luncheon or supper. The plain stuffed potato is offered as an accompaniment to meat.

CANDIED SWEET POTATOES.

3 medium-sized sweet potatoes	3 T. butter
$\frac{1}{2}$ c. light brown sugar	$\frac{1}{4}$ c. boiling water.

Parboil the potatoes, skin, and place them in an agate-ware baking pan which is barely large enough to hold them. Add the other ingredients, and bake in a moderate oven until the potatoes are tender and light brown. Baste with the syrup every 15 min. Serve hot, with the syrup poured over them.

SCALLOPED SWEET POTATOES.

2 medium-sized sweet potatoes	$2\frac{1}{2}$ T. butter
1 c. milk	1 T. flour
$\frac{1}{4}$ c. stale bread crumbs	$\frac{1}{2}$ t. salt
$\frac{1}{8}$ t. pepper.	

Parboil the potatoes, then peel them, and cut in thin slices, crosswise. Melt $\frac{1}{2}$ T. of the butter, mix it with the bread crumbs, and set aside until needed. Put the rest of the butter, and the flour, into a saucepan, stir over the fire until blended, pour in the milk, stir constantly until it boils, and add the seasoning. Put a layer of the potatoes into a baking dish, pour on some of the sauce, and so continue until all are used. Sprinkle the bread crumbs over the top, and bake about 20 min., or until the potatoes are tender and the crumbs browned. Serve hot.

STUFFED SWEET POTATOES.

Bake medium-sized potatoes, then cut each in half, lengthwise, and carefully scoop out the inside, without breaking the skin. Mash the potato, and to every 2 c. allow 4 T. butter, melted, 8 T. of chopped pecans or English walnuts, 6 to 8 T. of cream or milk, $\frac{1}{2}$ t. salt, and

$\frac{1}{4}$ t. pepper. Stir all of the ingredients together, and fill the skins, rounding them over the top. Brush with melted butter, sprinkle with bread crumbs and place on the upper rack of a hot oven for 5 min.

SWEET POTATO CROQUETTES.

Boil the sweet potatoes, skin, and press the potatoes through a fine sieve. Measure, and to every 2 c. allow 2 T. butter, melted, $\frac{1}{2}$ t. salt, and $\frac{1}{8}$ t. pepper. Mix well, form into cork-shaped croquettes, dip into slightly beaten egg, then into bread crumbs, and fry in deep fat, smoking hot. Drain on paper, and serve hot.

BAKED RICE, VENETIAN STYLE.

$\frac{3}{4}$ boiled rice	$\frac{1}{4}$ c. grated cheese
$\frac{1}{2}$ c. cooked (lean) ham	$\frac{1}{4}$ c. milk
1 small egg	Trifle of pepper.

Beat the egg slightly, add to it all the other ingredients, having the ham chopped fine. Turn into a small, greased, baking dish, and bake in a moderate oven until firm. Serve hot, with Cream Sauce, or Sauce Béchamel.

RICE AND TOMATO CROQUETTES.

2 c. strained cooked tomato	Yolk 1 egg
$\frac{1}{2}$ c. rice (raw)	1 t. each of celery salt
2 T. butter	onion juice and
2 T. minced parsley	table salt
$\frac{1}{4}$ t. paprika.	

Pick over, and wash, the rice, put it and the strained tomato into a double boiler and cook until the rice is tender, and the liquid absorbed. Add the butter, and yolk of egg, slightly beaten, stir over the fire for 2 min., remove, mix in the remaining materials, and cool. Make out in cork-shaped croquettes, roll in egg and bread crumbs, fry in deep fat, and serve alone, or with Hollandaise Sauce.

TURKISH PILAFF.

1 c. beef or mutton stock	2 T. butter
$\frac{3}{4}$ c. strained tomato pulp	$\frac{3}{4}$ t. onion juice
$\frac{1}{2}$ c. raw rice	Salt; pepper.

Put the stock, tomato pulp, rice, onion juice, and $\frac{1}{2}$ t. salt, into the upper part of a double boiler, set it directly

on the range until boiling point is reached, then place over hot water in the lower boiler, and cook until the rice is tender, and has absorbed nearly all the liquid. (Dry, old rice may need a trifle of boiling water added.) Then, with a fork, lightly stir in the butter and seasoning. Serve as a vegetable, or use about a platter of stewed mutton or beef.

SPINACH AU GRATIN.

2 c. cooked spinach	1½ T. milk or butter
1 c. cheese sauce	1½ T. grated cheese
¾ c. stale bread crumbs	Salt; paprika.

Pick over the spinach, cut it from the stems, wash through several waters, and cook in a large amount of rapidly boiling salted water. When tender, drain, put at once into cold water and, when needed, drain thoroughly. By this method, the spinach will be of a bright green tint—not the dark, unpleasant shade often seen.

Mix the bread crumbs, grated cheese and melted butter, then season with salt and paprika. Chop the cooked spinach, somewhat coarse. Make the cheese sauce. Grease a baking dish, spread over the bottom one-third of the spinach, then one-half of the cheese sauce, repeat with another layer of each, and on top spread the remaining third of the spinach. Cover with the prepared crumbs; bake on the upper rack of the oven until the crumbs are browned; serve hot.

BROILED TOMATOES.

As these must cook rapidly, be sure to have a bright clear fire, reaching almost to the top of the grate. If gas is used, heat the burners 5 min. before broiling the tomatoes.

Select large, firm, smooth tomatoes about equal in size, wipe them and cut into halves crosswise, without peeling. Grease a broiler, arrange in it the slices, and cook, cut side down, until browned as desired, then turn and cook the skin side for a short time. They should be barely tender—not soft enough to lose shape. Lift them to a warmed platter, pour melted butter over, sprinkle with salt and pepper, and serve very hot.

DEVILED TOMATOES.

Cook like Broiled Tomatoes, and pour over them a

sauce made by mixing together 2 T. butter, melted, 1 T. Worcestershire sauce, $\frac{1}{2}$ t. each of celery salt and onion juice, $\frac{1}{4}$ t. table salt and 4 dashes paprika or cayenne.

SICILIAN STUFFED TOMATOES.

Choose smooth, firm, medium-sized tomatoes, wash, cut a slice from the stem end and remove the seeds, using the handle of a small spoon, and being careful not to break the outside of the tomato. Sprinkle the interior of each with salt and pepper. For every 4 tomatoes have ready 1 c. boiled macaroni, cut in very small pieces; mix well with it 1 c. grated cheese, 2 T. melted butter and 3 dashes paprika. Use to fill the tomatoes, scatter over their tops a thin layer of buttered bread crumbs, and bake in a brisk oven.

CREAMED TURNIPS.

Select firm turnips, wash, pare, and cut in half-inch blocks; put them into a saucepan, add, to each pint, $\frac{1}{2}$ t. salt, and $\frac{1}{2}$ t. granulated sugar; cover with boiling water, and cook gently for about 20 min., or until tender. Drain thoroughly, being careful not to break the pieces. For each cup of the vegetable make $\frac{1}{2}$ c. Cream Sauce, turn into it the turnip, and re-heat.

TURNIP CROQUETTES.

For these, yellow turnips look best. Wash them, cut crosswise in half-inch slices, pare, and cook tender (not very soft) in boiling, salted water. Drain well, then press through a fine-meshed sieve, and to each cup of pulp add 1 c. mashed potato, $1\frac{1}{2}$ T. butter, $\frac{1}{2}$ t. salt, and $\frac{1}{8}$ t. pepper. Mix well, turn out on a plate to cool, form in cork shapes, roll in bread crumbs, coat with egg, and again cover with crumbs. Fry in deep fat, drain, and serve hot.

TURNIP CUPS.

Purple-top turnips, of medium size, are the choice for cups. Pare the turnips, trimming the bottom somewhat flat, and scoop out a portion from the top. Cook gently in white stock or salted water until barely tender, remove carefully and fill with prepared vegetables or meat, such as creamed green peas, ragout of lamb, etc.

SALADS.

From the old Roman word *sal*, something salted, comes our term salad. Many of the salad materials which are popular at present were known in very ancient times. The Hebrews ate mint, cucumbers, onion, dandelion, and similar foods. With both Greeks and Romans lettuce was a particular favorite, and the noted Greek physician, Galen, termed it "the philosopher's, or wise man's, herb."

In general, the green vegetables or fruits, commonly used in salads, are advantageous to the human system, because they supply potash salts, concerned in building up red corpuscles; also, the vegetable juices provide a pure form of water, and are cooling to the blood, while the tender cellulose furnishes needful bulk. In addition, the oil which usually forms a great part of the dressing is a concentrated and valuable kind of nourishment.

Unquestionably, a salad dressing, to be as wholesome as possible, must contain a vegetable oil, rather than a fat of animal origin, such as butter. There are to be had several inexpensive vegetable oils, one, a corn oil, recently placed on the market, is quite bland to the taste. Peanut oil, seldom seen in the United States, possesses a nutty flavor, pleasing in its way; while our more commonly known cottonseed oil is now so highly refined that it may, quite creditably, replace olive oil. The latter, however, when at its best, has as yet no peer in flavor; and naturally, the cost of oil of good quality is fairly high. In our large cities, if one obtains olive oil from a grocer in an Italian or French district, the price is comparatively low, and the oil likely to be pure.

One should always store olive oil in a cool, dark place, since it soon becomes rancid when exposed to light and heat. For this reason, also, one does well to buy oil put up in tin cans, rather than the bottled product.

Cream, either whipped or plain, may be used in dressing, as a substitute for a part, or all, of the oil. Either sweet, or thick sour cream—if free from any trace of bitterness—will answer. The sour cream gives the more decided flavor to the dressing. For whipping, however, sour cream must be very thoroughly chilled, or butter will result. True mayonnaise is prepared without cooking, and

has oil as the only form of fat, save that existing in the egg. Dressing made with butter, cream, or other kind of fat, and cooked, should be spoken of as a cooked or boiled dressing, and not masquerade under the name mayonnaise.

Although many persons consider tarragon vinegar the appropriate acid for use in salad dressing, good cider or malt vinegar, without fortification by some foreign acid, will generally produce appetizing results. When one aims to prepare a very pale dressing, either white wine vinegar or lemon juice is necessary. The latter, being a natural acid, is regarded by some as the most healthful. There are numerous salads, nevertheless, with which the flavor of lemon juice is not suitable. For a few of the simple fruit and herb salads, the juice of grape fruit proves satisfactory.

In making choice of pepper, the white proves, as a rule, to have enough pungency. Black pepper spoils the appearance of a light-colored dressing. For a salad of lobster, clams, or similar substance, a suspicion of cayenne is allowable.

When preparing either a meat, poultry, or fish salad, it is well to use a marinade, mixed in the proportion of 2 T. oil, 2 T. vinegar, $\frac{1}{4}$ t. salt, and $\frac{1}{8}$ t. white pepper. Enough of this to moisten well should be poured over the solid material, after it has been cut in pieces suitable for the salad. It then needs to remain in a cool place for 2 hrs. or longer. The vinegar and oil soften the meat fibrin, and also add flavor. Potatoes, for salad, are improved, likewise, by this treatment. When ready to mix the salad, one should pour off any marinade not absorbed. If allowed to remain, it might render the dressing too thin. Certain fruits are soaked in suitable liquids before being used in salad. A strict rule for all green vegetables is, however, that they be kept free of vinegar or other acid—which would soften the cellulose—until the moment of serving. (Marinade is said to have been originally a marineade, merely sea-water used by mariners for keeping fish or meat.)

Green vegetables, particularly lettuce, watercress, and similar plants intended for use in salads, should be examined with care and thoroughly cleansed. There may be

need of removal, not only of insects, but of material used for spraying or for fertilizing. It is unpleasant, and possibly unsafe, to partake of tomatoes on which the skin remains. Lettuce and other delicate greens should be lightly wrapped, after their cleansing, in a dampened piece of cheese cloth, and be placed in the refrigerator. Or, after the rinsing and draining, the vegetable will keep crisp if put, without wrapping, in a closely covered vegetable dish or tin pail, set in a cool place.

Meat, fish, and other solid substances present a more attractive appearance in salad when cut in small regular pieces, rather than chopped fine. (The latter method savors too much of the cheap restaurant and questionable ingredients.) As a matter of course, during the preparation, all skin, bone, fat, and cartilage should be discarded.

Hot potato salad is perhaps the only exception to the rule that salads should be served very cool. To insure coolness and crispness, the materials need to be well chilled before mixing, and afterward the salad should be kept in the refrigerator until the time of serving.

When a simple salad, such as lettuce, is to be dressed at table, *au vinaigrette*, oil should first be poured over the leaves, and then vinegar, while salt and pepper are added last. In this order, each condiment clings as desired.

For the majority of vegetable salads, French dressing is used. The two marked exceptions are celery and tomatoes, with each of which mayonnaise proves much better. When tomatoes are desired in simple style, merely oil, salt, and pepper are the approved dressing. Vinegar or other acid clashes with the acid of the tomato. Heavy salads, containing meat or similar material, require mayonnaise or a substitute cooked dressing.

Green vegetable salads are suitable at a dinner or luncheon of several courses. Meat salads, and others of substantial nature, have their place at supper or luncheon where they are depended upon for nutriment. They are in good form, also, at afternoon or evening entertainments. Fruit salad, of fairly tart materials, and prepared with French dressing, is suited for luncheon or supper in the regular salad course. A salad of sweet fruit, with sweet dressing, is not served in the salad course, but as dessert.

Readings:—Foods (F. G. Carpenter), pp. 274-280; 345-351; Food; Origin, Composition and Manufacture (William Tibbles), pp. 557-563, and Chaps. XIII, XXVIII; Olive Culture and Oil Manufacture, Bul. No. 62, Agr. Exp. Station, University of Arizona.

APPLE AND CELERY SALAD.

1 c. tart apples, cut in half-inch blocks	1 c. celery, cut in thin slices
$\frac{3}{4}$ c. mayonnaise dressing	Lettuce.

Have the ingredients well chilled. Mix the fruit, celery, and $\frac{1}{2}$ c. of the dressing. Line the salad bowl with lettuce leaves, turn in the salad, and mask the top with the remaining dressing.

Chopped pecan nut meats, $\frac{1}{3}$ c. or more, are sometimes added. In this instance, the amount of dressing should be slightly increased.

Apple cups make appropriate receptacles for this salad. It is often called Waldorf Salad.

ASPARAGUS SALAD.

2 c. asparagus tips	$\frac{3}{4}$ c. mayonnaise
Lettuce.	

Wash the asparagus quite free of sand, and cut off the tips about a scant inch in length. If the vegetable is known to be tender, a short portion of the stalk may also be used, cutting in pieces of equal size with the tips. (The tougher parts may well be utilized in cream soup.) Simmer the prepared tips in salted water for 10 to 15 min., or until barely tender. Drain, chill, mix lightly with the dressing, and serve on crisp lettuce leaves. (This is one of the best ways of using canned asparagus tips.)

BROWN BEAN SALAD.

With 2 c. cooked brown, or red, kidney beans mix 1 T. minced parsley, 1 t. onion juice, $\frac{1}{8}$ t. grated nutmeg and a little salt and pepper. Moisten well with French dressing, and let stand, stirring occasionally, for a half-hour or longer in a cool place. Arrange on inner leaves of lettuce.

Canned kidney beans, well-drained, do nicely for this salad.

CELERY SALAD.

Select, if possible, dwarf celery, which, although small, is generally white and tender throughout, with practically no waste. Cleanse thoroughly, cut in thin slices, place in a dampened towel, and put in the refrigerator for an hour or longer. At serving time, mix with mayonnaise or boiled dressing, using from $\frac{1}{2}$ to $\frac{3}{4}$ c. to every 2 c. of celery. Over the top scatter parsley, chopped very fine, and garnish the edge of the dish with a few pretty celery leaves.

CHERRY SALAD.

1 c. fresh sour cherries	$\frac{1}{4}$ t. onion juice
1 T. minced parsley	Small head lettuce

French dressing.

The Early Richmond is a satisfactory fruit for this salad. Stem, wash, and stone the cherries, then place them in the refrigerator for an hour. Use only the crisp, inner leaves of lettuce, wash them well, drain, and chill. Make the French dressing, and add to it the parsley and onion juice. When about ready to serve, mix the cherries with the dressing, and arrange on the lettuce.

If desired, a roasted hazelnut may be inserted in each cherry before the fruit is chilled.

CHICKEN SALAD.

2 c. cooked chicken	$1\frac{1}{2}$ c. mayonnaise or boiled
$1\frac{1}{2}$ c. celery	salad dressing.

See that the chicken is entirely free from fat, skin, gristle and bone. Cut it into half-inch blocks. Cut the celery somewhat finer. Mix them, and stand in the refrigerator until very cold. The dressing also should be well chilled. When ready to serve, mix 1 c. of the dressing with the chicken and celery. Arrange in a salad bowl. Pour the remaining $\frac{1}{2}$ c. of dressing over the top. Garnish with white leaves of the celery.

CREAM WALNUT SALAD.

$\frac{1}{2}$ c. Neufchatel or cottage cheese	English walnut meats
1 T. minced parsley	Small head lettuce
$\frac{1}{2}$ t. onion juice	French dressing
	Cream; salt; pepper.

Using a silver fork, work and mash the cheese to a smooth paste, add to it the onion juice, parsley, salt and white pepper to taste. Moisten with rich cream, usually taking only from 1 to 3 T., to make of a consistency that may be shaped into balls. Form these about 1 in. in diameter, press two whole halves of English walnut meats—set opposite each other—on each ball, and chill in the refrigerator for an hour. Allow two or three for each portion, place on crisp lettuce leaves, and pour the dressing over when ready to serve.

Persons who are especially fond of nuts sometimes mix finely chopped nuts with the cheese.

CUCUMBER SALAD.

Pare medium-sized cucumbers, slice extremely thin, and soak them in ice water for at least a half-hour. (Do not add salt.) Drain, drop out on a clean towel, gather it about them, and shake briskly for a moment, to dry the slices. Mix them with French dressing, and serve at once.

Cucumbers dressed merely with vinegar, salt and pepper are much less wholesome than when oil, in addition, is used on them.

For variations, thin slices of raw onion may be mixed with the salad; or very finely chopped parsley; or both. Fresh-roasted peanuts, chopped small, and scattered thickly over the top immediately before serving, make a pleasing combination.

DRYAD SALAD.

1 bunch watercress
French dressing.

The onions should be not more than $1\frac{1}{2}$ in. in diameter. (The red-skinned variety is used because of the pleasing pink tinge of the interior.) Peel the onions, wash, cut in crosswise slices $\frac{1}{8}$ in. thick, separate the layers into rings, and soak in cold, slightly salted, water for 30 min.

Pick over the watercress and cleanse thoroughly. Use only about three inches of the top of each sprig, putting into quite cold water until ready to mix the salad. Then drain the two materials well, arrange the watercress in a

salad bowl or on individual plates, and scatter the onion rings over the top. Either pass French dressing or pour it on the salad immediately before serving.

FRUIT SALAD.

1 T. lemon juice	$\frac{1}{2}$ t. vanilla
6 T. pulverized sugar	$\frac{1}{8}$ t. ground cinnamon
$\frac{3}{4}$ c. mixed fruit.	

Mix the lemon juice, sugar, and flavorings, stirring until the sugar is dissolved. Mix the fruit and dressing, and stand in the refrigerator for an hour. Stir at times.

It is well to use $\frac{1}{4}$ cup of each of three kinds of fruit. Any of the following combinations are good: Pineapple, orange and red raspberries; tart apple, strawberries and sweet cherries; peach, banana and orange.

JELLIED HAM SALAD.

1 c. fine chopped cooked ham	$\frac{3}{4}$ T. lemon juice
1 c. double cream	$1\frac{1}{4}$ T. granulated gelatine
$\frac{3}{4}$ c. stock from chicken	$\frac{1}{8}$ t. cayenne pepper
or veal	Salt.

Soak the gelatine in $\frac{1}{4}$ c. cold water for $\frac{1}{2}$ hr., then stir over hot water until dissolved. Remove from the heat, and add to it all the other ingredients except the cream. Put the mixture in a moderately cool place. Whip the cream, then mix everything together, lightly but thoroughly, adding salt if needed. Place on ice, stir occasionally until it begins to congeal, then pour quickly into small molds. Put in the refrigerator until stiff, turn out on lettuce, and serve with mayonnaise dressing.

If preferred, omit the lettuce, and arrange about each mold a ring of celery salad.

LALLA ROOKH SALAD.

Small, sweet oranges, preferably seedless	Freestone peaches Red raspberries or strawberries.
Lalla Rookh dressing	

This should be arranged on individual plates.

Peel the oranges, remove any seeds, cut in crosswise slices, then divide each slice in two. Skin the peaches, and cut in halves, allowing a half peach for each individual. Have, also, well-rinsed and drained, eight or more red

raspberries for each portion. (Should strawberries be substituted, they need to be fully ripe. Small berries answer best. If large, cut in quarters.) Arrange on each plate, orange slices, six or seven, meeting at the centre, and radiating out, place on them, at the centre, the half-peach, cavity up, and fill with raspberries. A few fine berries may be set, if liked, about the outer edge of the orange slices. Cool, and about 10 min. before serving, pour over it Lalla Rookh Dressing (recipe under Salad Dressings).

MERRY WIDOW SALAD.

$\frac{3}{4}$ c. blackberries	$\frac{1}{2}$ c. apple, diced
$\frac{1}{2}$ c. banana, diced	American sweet dressing.

Rinse the blackberries, drain well, and keep them separate from the other fruit. Mix the apple and banana, pour over them the dressing, and let stand in a cool place for 1 hr., stirring at times. Place the mixed fruit in the centre of the salad bowl, or on individual plates, and arrange the blackberries about the edge. Baste dressing over all the fruit, and serve fairly cool. For special occasions, this looks well in apple cups, with a candied violet to garnish the top of each.

POTATO SALAD (Cold).

1 pint potatoes, cut into small blocks	2 T. butter
$1\frac{1}{2}$ T. finely chopped onion	$\frac{1}{2}$ t. salt
$1\frac{1}{2}$ T. finely chopped parsley	$\frac{1}{8}$ t. pepper
	Boiled salad dressing.

Cook the potatoes until tender, but not broken. Drain. Melt the butter. Pour it over them. Mix the onion, parsley, salt and pepper. Stir in with the potato. Stand away to become very cold. When ready for use, add sufficient dressing to moisten well.

HOT POTATO SALAD.

Wash, pare, and boil 3 medium-sized Irish potatoes. When done, drain, and cut crosswise in thin slices. Have ready 2 onions, of fair size, chopped fine. Mix with the potato, and keep warm. Cut in half-inch pieces enough sliced bacon to make $\frac{1}{2}$ c. Fry a light brown, remove the meat, and reserve. Into the hot grease stir $1\frac{1}{2}$ T.

vinegar, or more, and white pepper to taste. Mix this sauce with the bacon and potatoes and serve hot. Minced parsley may be added, if desired.

SALMON SALAD.

1 c. cooked salmon	1 T. capers or sour
$\frac{5}{8}$ c. mayonnaise or	gherkins
boiled dressing	1 small head lettuce.
Pulp $\frac{1}{2}$ lemon.	

The salmon, fresh boiled or canned, should measure 1 c. after being freed from skin, bone, and oil. Pick the fish into moderately large flakes. (It looks unpleasant when minced fine.) Pare off the rind of the lemon, cutting deep enough to expose the pulp. With a sharp, thin-bladed knife, remove each section of pulp whole, discard the seeds, and cut the pulp into small pieces, mix them with the salmon, capers and $\frac{1}{2}$ c. of the mayonnaise, tossing together lightly. Arrange the lettuce leaves in a salad bowl, turn in the salad, and pour the remaining $\frac{1}{8}$ c. of dressing over. Serve well-chilled.

TOMATO SALAD.

Tomatoes, for salad, should always be skinned. (Drop them into boiling water, let remain a moment, then place in cold water, and peel.) Chill the tomatoes, slice and arrange—preferably on lettuce leaves—for serving. If the slices are in a single layer, a portion of mayonnaise may be placed on top of each. Having several layers, the dressing should be passed. Instead of mayonnaise, Cream of Horseradish Sauce may be used for variety.

WHOLE TOMATO SALAD.

Choose smooth tomatoes of medium size. Remove the skin and cut a thin slice from the stem end. Should there be a tough core, cut it out. Remove the seeds by using the handle of a small spoon, being careful not to break the outer wall of the vegetable. (Some prefer to cut out the entire centre. This method, while saving time, wastes material.) Chill the tomatoes well, sprinkle the inside, at serving time, with salt and pepper, fill with mayonnaise, and garnish with parsley.

For a more substantial salad, there are fillings in

great variety that may be combined with the dressing. Among the most palatable additions are any of the following:—lobster, crabs, sardines, shrimps, halibut, mutton, roasted peanuts, celery.

SALAD DRESSINGS.

AMERICAN SWEET DRESSING.

2 T. lemon juice	1 t. extract vanilla
$\frac{3}{4}$ c. powdered sugar	$\frac{1}{4}$ t. ground cinnamon.

Sift the sugar, then thoroughly mix all the materials. Use on any sweet fruit, letting it stand in a cool place for about 15 min. after mixing.

BOILED SALAD DRESSING.

8 T. butter	2 t. sugar
$\frac{1}{4}$ c. vinegar	$1\frac{1}{4}$ t. salt
3 small eggs	$\frac{1}{4}$ t. pepper

Cream.

Beat the eggs without separating until thick. Put the vinegar, butter, sugar, salt, and pepper into a double boiler. Add the eggs. Stir over the fire until it begins to thicken. Remove, and continue stirring until the entire mixture is about as thick as cream sauce. Turn out at once. Stand it away to become very cold. Then add enough cream to thin to proper consistency.

ECONOMICAL DRESSING.

$\frac{1}{2}$ c. milk	$\frac{1}{4}$ c. vinegar
2 T. butter	$\frac{3}{4}$ T. flour
Yolk 1 egg	$\frac{3}{4}$ t. salt
$\frac{1}{2}$ T. sugar	$\frac{1}{8}$ t. pepper.

Scald the milk, add to it the butter and flour, which have been well blended, stir until thick, add the yolk of egg, beaten, and continue cooking and stirring for 2 min. Mix in the remaining ingredients, then turn out to cool.

FRENCH SALAD DRESSING.

3 T. olive oil	$\frac{1}{2}$ t. salt
1 T. vinegar	$\frac{1}{8}$ t. pepper.

Both the oil and vinegar should be well chilled. Put the salt, pepper, and oil into a bowl, stir until the salt is dissolved, then add the vinegar, stirring briskly until it becomes milky looking. Use at once.

HURRY-SCURRY DRESSING.

4 T. olive oil	$\frac{3}{4}$ t. salt (scant)
3 T. rich cream	$\frac{3}{8}$ t. dry mustard
2 T. lemon juice	$\frac{1}{4}$ t. powdered sugar
$\frac{1}{4}$ t. white pepper.	

Rub together the mustard, sugar, salt and pepper, add the remaining ingredients, stir well, and use.

LALLA ROOKH DRESSING.

Mix $\frac{1}{4}$ c. blanched almonds, grated, (or, an equal amount of almond paste, shaved fine), with $\frac{1}{2}$ c. granulated sugar; then add 2 t. lemon juice, $\frac{1}{2}$ t. vanilla extract, a trifle of ground cinnamon, and, a little at a time, $\frac{1}{4}$ c. orange juice, or enough more to make a sauce the consistency of cream. Chill before serving. Suitable for fruits.

MAYONNAISE DRESSING.

Chill all materials and utensils before making the dressing. Stir together briskly $1\frac{1}{2}$ T. olive oil and $\frac{1}{2}$ T. vinegar, add $\frac{1}{2}$ t. salt, $\frac{1}{4}$ t. white pepper and the beaten yolk of 1 raw egg. When well mixed, add more oil, a drop or two at a time, stirring constantly. After a half cup of oil has been used, the remainder may be added in a thin stream, if the stirring be continuous. Pour in a spoonful or two of vinegar from time to time, using altogether not more than one-sixth as much vinegar as oil. A pint of oil may readily be mixed with the yolk of one egg. When the dressing is finished, add a trifle more salt and pepper.

If the hard-boiled yolk of an egg be mashed fine, and mixed with the raw yolk before beginning the dressing, the process is somewhat easier.

Should the dressing curdle, start again with the well-chilled yolk of a raw egg, to this add the curdled material, a few drops at a time, and finish as usual.

MOORISH DRESSING.

3 T. vinegar	2 t. tomato catsup
2 T. olive oil	1 t. salt
$\frac{3}{4}$ T. powdered sugar	$\frac{1}{4}$ t. dry mustard
2 t. Worcestershire sauce	$\frac{1}{8}$ t. pepper.

The ingredients should be cool. Mix together and use on lettuce or other simple green salad.

SOUR CREAM DRESSING.

$\frac{1}{2}$ c. thick sour cream	$\frac{3}{4}$ t. salt
$\frac{1}{4}$ c. vinegar	$\frac{1}{8}$ t. white pepper
1 T. sugar	Trifle of paprika.

Mix the dry ingredients, add the cream, then the vinegar, and use at once. Especially good on finely sliced cabbage.

TANGO DRESSING.

4 T. olive oil	1 T. tomato catsup
Yolks 4 eggs	$\frac{1}{2}$ t. salt
2 T. vinegar	$\frac{1}{8}$ t. white pepper
5 T. thick tomato pulp	Trifle of paprika.

Beat the yolks of eggs, add to them all the other materials, and cook in a double boiler until thickened, stirring constantly. Chill before using. This answers well for lettuce, watercress or cabbage.

SANDWICHES.

The word sandwich is said to be derived from that of a gambling Earl of Sandwich, who was often unwilling to interrupt his play at meal times. So, his family sent to him a kind of food that could be readily transported—"slices of bread with meat between." This food combination had been known, however, among the Romans of an earlier period.

At the present day, there are many evolutions from plain bread and meat. It is customary to make sandwiches with care, and to serve them in a dainty manner. One endeavors to choose a bread and a filling that combine well. White bread is the most appropriate when the filling consists of light-colored meat, such as veal, or

chicken. A jelly, jam, or fresh fruit filling calls, also, for white bread. Lobster, oyster, sardine, in fact, all shellfish and fish, need to be combined with whole wheat or white bread. A sandwich of egg—a concentrated food—should be made with bread of coarse material; the same rule applies when the filling consists of cheese. Either whole wheat or Graham bread may be used with meat having a dark tinge, as mutton or beef. Such breads answer also with nut fillings; although, if fruit or other sweet substance be added to the nuts, white bread usually proves a better choice.

When offering, for light refreshments, nothing save sandwiches and a beverage, one should be careful that the two do not clash, from a hygienic standpoint. Sardine sandwiches, for example, are a decided mistake with tea. Coffee is the only beverage suitable to accompany sandwiches of fish or shellfish. Cheese filling, also, demands coffee. Either tea or coffee is consistent with the sandwich of egg, poultry, or meat; also, in case the filling is jelly, jam, fresh fruit or other sweet substance. Herb sandwiches, as a rule, answer somewhat better with coffee than with tea. Peanut sandwiches, on account of the casein, are never advisable with tea; nor are most other nut sandwiches unless the filling be combined with some sweet material. Both coffee and cocoa, however, answer well with nut sandwiches. In using cocoa, one should bear in mind that it has a food value not existing in tea or coffee. Hence, when only a slight amount of nutriment is needed, there may be served, with cocoa, sandwiches of plain bread and butter—having each article above criticism—or cinnamon sandwiches, or those whose filling contains fresh fruit.

The butter for spreading sandwiches should always be of good quality. Mayonnaise dressing or rich cream may be, in certain instances, more agreeable than butter. Before using butter, beat it until creamy. When making up a large quantity of sandwiches, many persons, in order to save time, spread butter on only one slice of bread, and place filling on the other slice, for each sandwich.

One should bear in mind that the sandwich takes its name from the filling—not from the bread. To produce a

satisfactory food, it is necessary that the layer of filling be thick, and the slices of bread thin. According to a rule of dietetics, the starchy part should form about two and a half times the amount of a protein filling.

In most instances, bakers' bread proves better fitted for sandwich making than does home-made bread. The sandwich loaves for triangular, square or oblong sandwiches, and the "crimp" loaves, for those of circular shape, may be cut with but little waste. (The trimmings should, of course, be dried and saved for bread crumbs.)

When sandwiches must be made a considerable while before the time of serving, keep them moist by placing as close together as possible, in an enamel-ware bread pan; put a piece of waxed paper over them, and on this lay a towel which has been wet in cold water, and then wrung as dry as possible.

Readings:—Facts Concerning the History, Commerce and Manufacture of Butter, Circular No. 50, U. S. Dept. of Agr.; Food in Health and Disease (I. B. Yeo), pp. 47-56; 58-60.

A—Savory Sandwiches.

COLD BEEF SANDWICH FILLING.

1 c. cold (lean) roast	$\frac{1}{4}$ T. Worcestershire sauce
beef, chopped fine	2 t. melted butter
$\frac{1}{2}$ T. tomato catsup	$\frac{1}{4}$ t. salt
	Pepper.

Mix all the materials, and it is ready for use.

SLICED BEEF SANDWICH.

Use whole-wheat bread. Slice cold roast beef extremely thin, remove all fat and gristle, and place on buttered slices of the bread, spreading over each slice of meat, some horseradish which has been mixed with Cream Sauce, in the proportion of 2 T. grated (dry) horseradish to $\frac{1}{4}$ c. (cold) Cream Sauce. Put the slices together in the usual way.

BOHEMIAN SANDWICHES.

2 Neufchatel cheeses	1 t. Worcestershire sauce
1 doz. olives	1 t. onion juice
	Rye bread; butter.

Stone the olives and chop them fine ; mash the cheeses ; then stir together all the ingredients for the filling, adding salt and pepper, if necessary. Use between buttered slices of rye bread. The top of each sandwich may be garnished with the half of a stoned olive.

During warm weather, when Neufchatel cheese is sometimes not in good condition, a rich, well-made cottage cheese forms a fairly satisfactory substitute.

CHEESE SANDWICHES.

4 T. butter	8 T. grated or finely
Trifle paprika	chopped cheese

Bread.

Work the butter until creamy. (If preferred, mayonnaise or boiled dressing may be used. Add the cheese and paprika, and rub well together. Slice whole-wheat or rye bread thin, trim, spread with the cheese mixture, and put together in pairs.

TOASTED CHEESE SANDWICHES.

$\frac{1}{2}$ c. chopped "full-cream" cheese	2 T. butter
	$\frac{1}{8}$ t. paprika

Bread.

The cheese should be well-cured, of fairly decided flavor. (If dry enough to grate, use $\frac{1}{4}$ c. extra.) Work the butter to a soft paste, add the cheese and pepper, and spread in a thick layer on bread sliced thin, and trimmed to the size desired. Put two slices together, and toast over a moderate fire. Serve very hot, with salad, that made of tomato or lettuce answering especially well.

CHICKEN SANDWICHES.

Spread white bread with softened butter, and trim off the crusts. Slice cold boiled or roasted chicken very thin, and use as filling. Sprinkle the meat with salt, pepper, and celery salt. A small, crisp lettuce leaf may be enclosed in each sandwich. Roasted chicken makes sandwiches of the best flavor, but the meat is apt to seem dry. Mayonnaise dressing spread over improves it.

Sandwiches made of sliced chicken are, nowadays, considered in better form than those with a filling of

chopped meat. This is mainly because of the reaction against manufactured potted meats.

CLUB SANDWICHES.

Thin slices (lean) cold boiled ham	Thin slices white meat of chicken
Lettuce; mayonnaise; bread.	

Slice the bread, about one-third inch thick, and cut in triangles of equal size. Toast these delicately on one side only, allowing three pieces of toast for each sandwich. To arrange, place one slice of bread, toast side down, lay on it a slice of ham, then a lettuce leaf, spread liberally with mayonnaise; next add a second slice of toast; then chicken, lettuce, and dressing; put on the third slice of bread, toasted side up.

Occasionally, bacon, sliced extremely thin, and broiled crisp, is used instead of the ham.

When serving club sandwiches, knives and forks are requisite.

EGG SANDWICH FILLING.

Hard-boiled yolks 4 eggs	1 T. minced parsley
3 T. finely chopped celery	$\frac{1}{2}$ t. onion juice
$1\frac{1}{2}$ T. melted butter or	$\frac{1}{2}$ t. salt (scant)
olive oil	$\frac{1}{8}$ t. white pepper.

In order to secure hard-boiled yolks, it is unnecessary to cook the eggs whole. Whites may be kept raw, for other purposes, by the following method:—Select fairly-fresh eggs, separate whites and yolks with care, to avoid breaking the thin membrane enclosing the yolk. Leave each yolk in the half of a shell, drop gently in a saucepan of simmering water, and cook slowly for 20 min. Should an occasional shell tilt over, let it remain undisturbed. (The raw white will readily keep, in a cool place, for several days, and may be used in white cake, icing, meringues, or various desserts.)

Remove the hard-cooked yolks from the shells, rub through a sieve, and mix together all the ingredients for the filling. Should fresh celery not be available, substitute $\frac{1}{2}$ t. celery salt.

If one prefers, whole eggs may be boiled, the whites

chopped fine, and added to the mixture. Somewhat more seasoning will then be needed.

MUTTON SANDWICH FILLING.

1 c. cooked mutton, chopped fine	$\frac{1}{2}$ T. lemon juice
1 T. chopped capers, or finely chopped sour gherkins	1 t. finely chopped mint, or $\frac{1}{2}$ t. curry powder
2 T. melted butter	$\frac{1}{2}$ t. salt
$\frac{1}{8}$ t. pepper.	

Mix all the materials, and use, between whole-wheat, white, or oatmeal bread.

SALAD SANDWICHES.

Use either white or whole-wheat bread, remove the crust and shape the slices of bread as desired, cutting them somewhat thicker than usual. Chicken salad is the filling generally given the preference. Neither butter nor mayonnaise need be spread on the bread if the salad is made fairly moist. Small baking-powder biscuit are good with salad filling.

SARDINE SANDWICHES.

1 small can sardines	$1\frac{1}{2}$ T. lemon juice
2 T. melted butter	Trifle paprika
Bread.	

Drain the sardines, free them of skin and bone, and mash fine; stir in thoroughly the other ingredients and use as filling between slices of rye or whole-wheat bread.

SAVORY BUTTER FILLING.

4 T. grated cheese	1 t. vinegar
4 T. butter	1 t. anchovy paste
$\frac{1}{2}$ t. Worcestershire sauce	1 t. dry mustard
Trifle paprika.	

Rub the butter to a cream. Mix all the other ingredients, then add them, by degrees, to the butter. This preparation is useful as filling for sandwiches that are to be served with a plain salad of lettuce, watercress, cucumber, or tomato.

SIMPLE LIFE SANDWICHES.

Mix peanut butter with an equal amount of either

softened butter or mayonnaise, and add salt and pepper to taste. Spread on slices of whole-wheat, rye, or white bread, and make up the sandwiches in the usual way, putting inside each a few small sprigs of watercress that has been thoroughly cleansed, drained, and chilled.

TOMATO SANDWICHES.

Select smooth tomatoes of medium size. They should be firm, but well-ripened. Peel, slice thin, and chill. Cleanse and chill small leaves of lettuce. Shortly before needing the sandwiches, cut thin circular slices of bread (somewhat larger in diameter than the tomatoes), spread with mayonnaise, and, as filling for each sandwich use 1 leaf of lettuce and 1 slice of tomato, with mayonnaise between the two.

These should be served while still cool and fresh. They are particularly pleasing as a summer sandwich with either iced or hot coffee.

TOMATO AND BAKED BEAN SANDWICHES.

Peel medium-sized ripe tomatoes, slice very thin, and put in the refrigerator to chill. Press baked beans (preferably those cooked with tomato sauce) through a fine sieve. Butter and slice bread thin, using either white or Boston brown bread. Stamp it into circles slightly broader than the tomato. Cover half of the bread slices with the bean pulp, and the remaining ones with the tomatoes, sprinkled with salt and pepper. Put together a slice of each kind, and serve soon after preparing. The tomato juice will soak into the bread if allowed to stand long.

B—Sweet Sandwiches.

DATE SANDWICHES.

Seed and chop Arabian dates. Mix them to a paste with orange juice. Spread whole-wheat bread with butter, cut thin, put two slices together, with the date mixture between.

CINNAMON SANDWICHES.

6 T. fine granulated sugar 1 t. ground cinnamon.

Use wheat bread or Boston brown bread. Butter it and slice thin. If the fine-grained granulated sugar can

not be obtained, sift the ordinary grade through a fine sieve. Mix it and the cinnamon together, and spread on the bread, placing two slices together. These are especially appropriate with cocoa.

COCOANUT SANDWICHES.

$\frac{1}{2}$ c. grated fresh cocoanut	$1\frac{1}{2}$ t. lemon juice
$\frac{3}{8}$ c. powdered sugar	$\frac{1}{2}$ t. extract vanilla.

Stir together all the ingredients, and use between lightly buttered slices of white bread.

HOLIDAY SANDWICHES.

$\frac{1}{2}$ c. raisins	$\frac{1}{3}$ c. granulated sugar
$\frac{1}{4}$ c. currants	2 t. lemon juice
$1\frac{1}{2}$ T. orange marmalade	$\frac{1}{2}$ t. ground cinnamon
$\frac{1}{8}$ t. grated nutmeg	Triscuit.

See that the Triscuit are crisp. Spread them lightly with butter. (Bread may be used, but is somewhat less desirable.)

Cleanse the raisins and currants, drain well, seed the raisins, and cut into halves, or smaller. Simmer the two fruits, and the sugar, with $\frac{1}{3}$ c. boiling water until the liquid has evaporated. Remove from the heat. Drain the marmalade, and use only the solid portion. Add it, and the other materials, to the fruit, mix well, and use.

Should orange marmalade not be at hand, 1 t. grated yellow rind of orange may be substituted.

JELLY AND NUT SANDWICHES.

To every 4 T. of fruit jelly allow 6 T. finely chopped pecans, walnuts or shellbarks. Mix the materials well, and use as filling between buttered slices of white bread. Jelly made from quinces, crab-apples, apples, or peaches is satisfactory.

LEMON SANDWICHES.

3 T. butter	Grated rind 1 lemon
$\frac{5}{8}$ c. powdered sugar	Juice 1 lemon.

Work the butter to a cream, add the sugar gradually, beating well, then mix in the flavoring materials. Use between slices of white bread.

LITTLE BROWN BROTHER SANDWICHES.

$\frac{1}{2}$ oz. ($\frac{1}{2}$ square) bitter chocolate	3 T. milk 2 t. butter 1 t. flour Vanilla; cinnamon
4 T. sugar	
3 T. chopped nut meats	
Bread; butter.	

Pour the milk into a small saucepan, and heat. Mix together thoroughly the flour and sugar, add to the hot milk, and stir constantly until boiling. Draw to the back of the range, add the butter, and the chocolate broken into bits. Let stand until the chocolate is melted, then remove from the heat, add 6 drops vanilla, a trifle of ground cinnamon, and the chopped nuts—almonds, blanched and dried, being best. Use when cold, as filling between slices of whole-wheat or Graham bread. Should a garnish be desired, set on top of each (securing in place by a bit of the filling), a small chocolate drop or wafer.

ORANGE BUTTER FILLING.

Grated rind $\frac{1}{2}$ orange	1 whole egg
Juice 2 oranges	Yolk 1 egg
$\frac{5}{8}$ c. granulated sugar	2 T. butter
2 T. lemon juice.	

Work the butter until creamy, add to it the yolk of egg and the whole egg, mix well, then beat in the sugar. Cook in a double boiler, stirring until thickened. Turn out, mix in the grated rind and juice, and cool.

PINEAPPLE SANDWICHES.

2 T. butter	4 T. pulverized sugar
2 T. finely chopped pineapple.	

Rub the butter to a cream, add the sugar gradually, beating well, then put in the fruit, which may be fresh or canned. In either instance, drain off the juice. Use the filling between thin slices of buttered wheat bread.

PUDDINGS.

The term pudding, in its early Welsh and Gaelic forms meant "a short, round body," or "an inflated skin," and referred mainly to preparations containing meat,

similar to the large sausages of to-day. When sweet puddings came into use, they also—being of stiff consistency and merely tied in a pudding cloth—showed, after cooking, a rounded shape. This type still survives in the English plum pudding.

At the close of a meal which has consisted mostly of warmed foods, a cold dessert generally proves more appealing than does a hot one. In the case of a lengthy, formal dinner, where both a warm and a cold pudding, or “sweet,” are served, the warm one appears first.

When planning for a meal whose main dishes are substantial, the dessert which follows may be somewhat delicate; while, to form a well-rounded whole, a light meal may wisely be concluded by a nutritious pudding. In determining the special kind, one needs to consider, also, the climate and time of year. For instance, puddings containing suet, raisins, currants, or other concentrated and rich materials, would be quite unsuitable for summer use. Again, relative cost, and “the eternal fitness of things” must be borne in mind. Thus, a dessert of ice cream would not be in keeping with a “boiled dinner.”

In the matter of sauces, one serves, according to common usage, a cold sauce with a cold pudding, and a hot sauce with a hot pudding; but there are various exceptions. These lie, mostly, in the service of cold sauce to accompany hot dessert.

HOT PUDDINGS.

Apricot Dumplings.

1½ c. hot boiled rice 12 halves cooked apricots
⅔ c. granulated sugar.

Have a saucepan with broad base—about a 2 qt. size—pour into it boiling water to the depth of 2 in., and set where it will simmer.

Wring out of hot water six dumpling cloths; on each place ¼ c. of the boiled rice, spread out somewhat, and at the centre put 2 halves of cooked apricot, either evaporated or canned. (A blanched almond inserted between them is an improvement.) Scatter over 1 T. sugar, draw up the cloth, enclosing the fruit in the rice, and tie. Drop into the hot water, simmer for 10 min., remove and turn

out the dumplings, serving with Jam Sauce (Apricot), Hard Sauce or Dairy Maids' Sauce. A simple but good sauce may be made if $\frac{2}{3}$ c. of the liquid from the cooking of the apricots is available. Add to it $\frac{1}{3}$ c. granulated sugar, bring to a boil and thicken with $\frac{3}{4}$ T. corn-starch mixed smooth with $1\frac{1}{2}$ T. butter, stirring and cooking until clear.

BLACKBERRY PUDDING (Steamed).

2 T. butter	$\frac{3}{4}$ c. flour
4 T. sugar	1 c. blackberries
1 egg	1 t. baking powder
$\frac{1}{2}$ c. milk	$\frac{1}{4}$ t. salt.

Cream the butter, add the sugar gradually, mixing until light. Separate the egg, beat the yolk, turn it into the butter and sugar, and stir well together. Pour in the milk, sift in the flour and salt, beating until smooth, then stir in the blackberries, which have been dusted with an extra $\frac{1}{4}$ c. flour. Whisk the white of egg stiff, fold it and the baking powder into the batter, and pour into a greased mold. Steam $1\frac{1}{2}$ hrs. and serve with Hard Sauce, Maple Sugar Sauce or clear Lemon Sauce.

Cherries, peaches, apples, or huckleberries may be used in place of the blackberries. Cranberries, likewise, answer, but require an extra tablespoonful of sugar.

COCOANUT BREAD PUDDING.

2 c. small blocks of stale bread	1 c. milk
$\frac{1}{2}$ c. fresh grated cocoanut, or $\frac{3}{8}$ c. desiccated	2 small eggs
	$\frac{1}{4}$ c. sugar
	$\frac{1}{2}$ t. flavoring
3 T. melted butter.	

Baste the melted butter over the bread blocks, then arrange them and the cocoanut in alternate layers in a baking dish. Beat the eggs, add to them the sugar, and beat until thick; stir in the milk and flavoring; pour into the pudding dish, and bake in a moderate oven from 30 to 40 min., or until firm. Serve hot, with Sultana Sauce, Foamy Orange Sauce, or Jam Sauce.

LEMON SUET PUDDING

1 egg	$\frac{1}{4}$ c. water
3 oz. suet	Grated rind 1 lemon
$\frac{3}{4}$ c. flour	Juice $\frac{1}{2}$ lemon
$\frac{1}{2}$ c. shredded wheat biscuit crumbs	$\frac{1}{2}$ c. granulated sugar
$\frac{1}{2}$ c. stale bread crumbs	$\frac{3}{4}$ t. baking powder
	$\frac{1}{4}$ t. salt.

Chop the suet fine; stir it and all the other dry materials together. Beat the egg, add to it the water and lemon juice. Stir this thoroughly with the dry ingredients, turn into a pudding mold and steam for 2 hrs. Serve with Clear Lemon Sauce or Foamy Orange Sauce.

STEAMED FIG PUDDING.

1 egg	$\frac{1}{3}$ c. corn syrup (Karo)
$2\frac{1}{2}$ oz. suet	$1\frac{1}{2}$ c. stale bread crumbs
$\frac{1}{8}$ c. milk	$\frac{1}{2}$ t. baking powder
$\frac{1}{4}$ lb. figs	$\frac{1}{4}$ t. grated nutmeg
	$\frac{1}{4}$ t. salt.

Wash the figs, discard the hardened stem, and cut in tiny pieces. Free the suet of connective tissue, and chop fine. Mix the dry ingredients. Beat the egg, add the milk and syrup to it, then stir together all the materials. Pack in a greased mold, steam 2 hrs., and serve with Hard Sauce flavored with orange or lemon.

PEACH ROLY-POLY.

2 c. flour	$\frac{1}{2}$ c. milk
3 T. butter and lard mixed	$2\frac{1}{2}$ t. baking powder
4 T. granulated sugar	$\frac{1}{2}$ t. salt
	Trifle grated nutmeg
	Sliced peaches.

Sift the flour, salt and baking powder into a bowl, rub in the shortening, and stir in the milk (using more, if necessary) until a medium dough is formed. Turn out on a well-floured board, knead lightly for a moment, and roll out, making a sheet $\frac{1}{4}$ in. thick. Scatter over it the peaches—about $1\frac{1}{2}$ c. to 2 c.—sprinkle them with the sugar and nutmeg. Roll up like a jelly roll, fasten securely in a pudding cloth that has been moistened and then floured, and boil $\frac{3}{4}$ hr. Or, it may be placed, without

wrapping, in a steamer, cooking for 1 hr. Serve with Dairy Maids' Sauce, or Cocoanut Sauce.

One may use other fillings, such as blackberries, apples, huckleberries, orange marmalade or apricot jam. With the last two, no extra sugar is required.

BAKED APPLE DUMPLINGS.

4 medium-sized apples	1 $\frac{1}{4}$ t. baking powder
4 T. sugar	1 c. flour
$\frac{1}{4}$ c. milk	1 $\frac{1}{2}$ T. butter or lard
$\frac{1}{4}$ t. salt.	

Sift the flour, salt, and baking powder into a bowl, rub in the shortening, and stir in the milk, using more, if necessary, to make a soft dough. Roll into a thin sheet, on a well-floured board, and cut in four squares. Place on each an apple, pared, halved, and cored. Sprinkle some of the sugar over each, draw up the edges, pinching them well together, place the dumplings in a baking pan, sprinkle over them $\frac{1}{4}$ c. of sugar, and drop on top 1 T. of butter, cut into bits. Pour around them $\frac{1}{2}$ c. of boiling water, and bake in a brisk oven about $\frac{1}{2}$ hr. Baste twice with the liquid in the pan. Serve hot, with sugar and cream, or with hard sauce.

CUSTARD SOUFFLÉ.

2 eggs	2 T. butter
$\frac{1}{2}$ c. milk	2 T. flour
3 T. sugar	$\frac{1}{2}$ t. flavoring
Powdered sugar.	

Grease an earthenware baking dish—pint size—with olive oil or butter. Have the oven moderately hot, and the fire in good order.

Mix the butter and flour in a small saucepan, pour in the milk, and stir constantly over the fire until boiling and quite thick, then remove. Beat the yolks, add to them, gradually, the granulated sugar, beating well, then mix this with the thickened milk, and turn out to cool. When ready, whisk the whites stiff, add them and the flavoring to the custard, and fold in lightly but thoroughly. Turn into the baking dish, sprinkle the top with the powdered sugar, set on the middle rack of the oven, and bake from

20 to 30 min. Serve at once, with Ginger Sauce, or Jam Sauce.

FRIED CUSTARD.

2 c. milk	$\frac{1}{3}$ c. flour
$\frac{1}{2}$ c. sugar	1 T. cornstarch
Yolks 3 eggs	$\frac{1}{4}$ t. grated nutmeg
1 t. vanilla.	

Remove $\frac{1}{4}$ c. milk, and put the remainder into a double boiler to scald. Beat the yolks of eggs, stir the reserved $\frac{1}{4}$ c. milk into them, then mix to a very smooth paste with the flour and cornstarch. Turn this, also the sugar and nutmeg, into the hot milk, stir constantly and cook until very thick. Take off the fire, mix in the vanilla, and pour into a square cornered pan. Stand in a cool place for several hours. When quite cold and stiff, turn out on a board sprinkled with bread crumbs. Cut in square blocks, coat with beaten egg and bread crumbs, repeat the process, then fry in deep, hot fat. Drain, and serve hot, dusted with pulverized sugar; or, lay a spoonful of jelly on top of each.

BANANA FRITTERS.

1 egg	3 T. sugar
$\frac{1}{4}$ c. milk	2 bananas
$\frac{3}{4}$ c. to 1 c. flour	1 $\frac{1}{2}$ T. butter
1 $\frac{1}{4}$ t. baking powder.	

Beat the egg and sugar together until light, add the butter, melted, pour in the milk, sift in the flour, and beat until smooth. Cut the bananas into small blocks, add them and the baking powder. Drop the mixture, by tablespoonsful, into deep, hot fat. Cook 3 or 4 minutes, until a delicate brown. Remove, drain, and serve hot, with a liquid sauce flavored with banana, lemon, or vanilla.

Blackberries, raspberries, or huckleberries may be used instead of bananas.

FRUIT CROQUETTES.

3 c. stale bread crumbs	1 T. cornstarch
1 $\frac{1}{2}$ c. milk	1 c. fruit
Yolks 2 eggs	1 t. vanilla
4 T. sugar	$\frac{1}{4}$ t. grated nutmeg.

Rub the crumbs fine. Turn over them the milk, and soak for 15 min. Beat the yolks of eggs. Add to them the sugar and cornstarch. Stir the milk and crumbs over the fire until boiling. Add to it the egg mixture and cook for a moment longer. Take from the fire. Stir in the nutmeg, vanilla and fruit, which may consist of chopped raisins, currants and minced candied orange peel. Mix well. Turn out to cool. Then shape into croquettes. Dip in egg and crumbs. Fry in hot fat. Drain. Serve dusted with powdered sugar, or with Vanilla Sauce. (Vol. I, p. 167.)

Instead of the mixed fruit, 1 cup of fresh huckleberries may be used.

STRAWBERRY SHORT CAKE.

2 c. flour	2 T. granulated sugar
$\frac{1}{2}$ c. milk	$2\frac{1}{2}$ t. baking powder
Yolk 1 egg	$\frac{1}{2}$ t. salt
3 T. butter or lard	1 qt. strawberries

Powdered sugar, butter, cream.

Sift the flour, salt, granulated sugar and baking powder into a bowl, and rub in the shortening. Beat the yolk of egg, stir the milk into it, then turn this liquid (adding more milk, if needed) into the flour. Mix thoroughly. Place in a greased baking pan. Flour the hand, and press the dough out until smooth on top. Bake in a moderately quick oven 20 or 25 minutes. Remove. Split with a hot knife. Spread each half thickly with butter. Put a layer of berries on the under portion. Dredge well with pulverized sugar. Place over them the top crust. Pile this with berries, and dust over with pulverized sugar. Serve as hot as possible, with plenty of rich cream.

COLD PUDDINGS.

BISQUE JUNKET.

2 c. rich milk	$\frac{1}{2}$ junket tablet (Hansen's)
$\frac{1}{4}$ c. granulated sugar	$\frac{1}{2}$ t. extract vanilla
2 t. caramel	4 drops extract almond

Whipped cream; almond macaroon crumbs.

Mash the junket tablet and dissolve in a trifle of cool water. Put the milk and sugar into a saucepan and stir over

the fire until lukewarm. Remove at once, mix in the dissolved junket, caramel, vanilla, and almond extract. Pour into individual dishes—preferably sherbet cups—let stand in a moderately warm room for 15 min., then put in a cold place for an hour. At serving time, drop some whipped cream on each and sprinkle with the macaroon crumbs. Be careful not to jolt the dishes after the curd has set.

(About the same result may be had by dissolving a half packet of vanilla Nesnah in the milk—omitting sugar, junket tablet and vanilla—then proceeding as above.)

HAMBURG CREAM.

3 eggs	Grated rind 1 lemon
$\frac{5}{8}$ c. powdered sugar	Juice 1 lemon.

Separate the eggs. Beat the yolks light, with the sugar, juice and rind of the lemons. Turn into a double boiler and stir until it thickens. Beat the whites of the eggs to a stiff froth. Fold them into the mixture, stirring lightly. When well-mixed turn into glass custard cups. Serve cold. Pass puff-paste fingers, or some kind of plain, dainty biscuit.

BANANA FOAMY CUSTARD.

1 c. boiling water	Whites 2 eggs
$\frac{3}{8}$ c. sugar	2 bananas (medium size)
$\frac{1}{4}$ c. orange juice	$2\frac{1}{2}$ T. cornstarch
2 T. butter.	

Put the sugar and cornstarch into a small saucepan, mix thoroughly, then pour over them, stirring constantly, the boiling water, cook until boiling and clear, draw away from the intense heat, and add the butter. Cut the bananas in half-inch blocks, and set aside. Whip the whites of eggs quite stiff, add them to the pudding, then fold, lightly, over the fire, until beginning to puff up. Remove from the heat, stir in carefully the orange juice and bananas, then turn at once into individual serving dishes. Chill before using.

IVORY CREAM.

1 c. milk	3 T. orange juice
$\frac{1}{4}$ c. prepared cocoanut	$\frac{1}{4}$ c. sugar
Whites 2 eggs	$\frac{1}{2}$ t. extract vanilla
1 $\frac{1}{2}$ T. granulated gelatine.	

Soak the gelatine in 2 T. cold water for 30 min., then

add to it the sugar, and stand over hot water, stirring at times, until dissolved. Pour this into the milk, place on ice, stir occasionally until beginning to set, then mix in the cocoanut, orange juice and vanilla. Beat the whites of eggs stiff, turn them into the mixture, stir lightly until it will retain its shape, put at once into a mold, and let remain in a cool place for an hour. Turn out, and serve with cold Orange Sauce, or Strawberry Soufflé Sauce.

CHOCOLATE CREAM PUDDING.

2 c. milk	1 $\frac{1}{2}$ oz. unsweetened chocolate
$\frac{1}{2}$ c. granulated sugar	4 T. cornstarch
Whites 4 eggs	2 T. powdered sugar
1 t. extract vanilla.	

Place the chocolate in a saucepan, and melt it over the steam from the teakettle. Bring the milk to a boil. Turn into it the cornstarch which has been mixed smooth with a little cold milk. Stir constantly over a moderate fire for 5 minutes. Beat the whites of the eggs stiff. Add the granulated sugar to the milk, and then the whites, stirring lightly. Remove from the fire, add the vanilla. Take out one-third of the mixture. Stir into it the powdered sugar and the melted chocolate. Now turn one-half the white mixture into a mold, then all of the chocolate mixture, and last, the balance of the white. Stand away until it stiffens. Serve cold, with soft custard sauce or cream.

PEACH TAPIOCA.

$\frac{1}{2}$ c. pearl tapioca	$\frac{1}{2}$ c. granulated sugar
1 $\frac{1}{4}$ c. boiling water	Juice $\frac{1}{2}$ lemon
1 c. sliced peaches	$\frac{3}{4}$ t. flavoring extract.

Soak the tapioca over night in sufficient cold water to cover it. In the morning turn off any surplus water. Pour over it the boiling water, and cook in a double boiler until clear. Remove from the fire. Add the lemon juice and sugar. When almost cold stir in the flavoring extract, and then the sliced peaches. Serve very cold, with cream.

Any of the following fruits, used raw, are good in tapioca:—Strawberries, sweet cherries, red raspberries, pineapple, oranges. Large fruit should be cut in half-inch blocks or small, thin slices.

CHOCOLATE TAPIOCA MERINGUE.

$\frac{1}{2}$ c. pearl tapioca	$\frac{1}{2}$ c. sugar
$2\frac{1}{4}$ c. milk	Yolks 2 eggs
1 oz. unsweetened chocolate	Trifle ground cinnamon.

Cover the tapioca with cold water, and soak over night. In the morning, draw off any surplus water, put the tapioca in a double boiler, add the milk, and set on the range. Break the chocolate in small pieces, place in an enamel ware cup, pour in $\frac{1}{4}$ c. warm water, place over the fire, and stir constantly until the chocolate melts, then turn it in with the tapioca. Let all cook without stirring, until the tapioca is clear. Beat the yolks of eggs, gradually mix the sugar with them, also the cinnamon, add to the tapioca, and stir constantly, but gently, for about 2 min., or until the froth disappears. Pour into a large serving dish, or individual dishes, the latter being preferable. Cover with a meringue made from the whites of 2 eggs, $\frac{1}{3}$ c. fine grained granulated sugar, 1 t. lemon juice, and $\frac{1}{2}$ t. extract vanilla. Sprinkle sugar on top, and set in the oven to color slightly. Serve very cold.

LEMON JELLY. (Simple.)

$2\frac{1}{2}$ T. granulated gelatine	$\frac{2}{3}$ c. sugar
Juice 2 lemons	$\frac{1}{2}$ t. flavoring extract.

Pour on the gelatine 2 T. cold water, and soak for 30 min. Dissolve over hot water, remove from the range, stir in the sugar, also, the lemon juice to which has been added enough cold water to make altogether 2 c. Turn in the flavoring extract, using either pineapple, orange, banana or vanilla. Set in a cool place to stiffen.

LEMON JELLY. (Sparkling.)

Grated rind $\frac{1}{2}$ lemon	4 T. granulated gelatine
Juice 2 lemons	$\frac{1}{2}$ c. sugar
Grated rind $\frac{1}{2}$ orange	$\frac{3}{4}$ t. extract vanilla
Juice 1 orange	Trifle ground cinnamon
Whites and crushed shells	Speck ground cloves
of 2 eggs	Speck grated nutmeg.

Turn over the gelatine $\frac{1}{2}$ c. of cold water. Soak $\frac{1}{2}$ hr. Measure the juice of the lemons and orange, and add to it enough boiling water to make 2 c. liquid. Pour this over the gelatine, and stir until it is dissolved. Add the sugar,

grated rinds, cinnamon, cloves, nutmeg, crushed shells, and whites of eggs which have been beaten until slightly frothy. Mix all thoroughly. Then place over a slow fire, and let it remain until a scum forms and the jelly underneath looks perfectly clear. Do not stir it while on the stove. When finished turn it into a flannel cloth and drain without pressure. Add the vanilla. Stand on ice for several hours. Cut into small blocks. Serve alone, or with whipped cream.

RUSSIAN CIDER JELLY.

3½ T. granulated gelatine	½ c. granulated sugar
2½ c. sweet cider	¾ t. vanilla extract.

Soak the gelatine in 4 T. cold water for ½ hr., then set it over hot water until melted. Mix the cider, sugar, and dissolved gelatine, stirring until the sugar melts. Set in a cool place, and, when beginning to congeal, stir in the vanilla; then beat the jelly briskly until foamy throughout. Turn into a mold, place in the refrigerator for 2 hrs., and serve.

APPLE SPONGE.

½ lb. apples (3 or 4 good-sized)	2½ T. gelatine
1 c. sugar	Grated rind ½ lemon
½ c. boiling water	Juice 1 lemon

Whites 2 eggs.

Soak the gelatine in ¼ c. cold water for ½ hour. Meanwhile, cook the sugar and boiling water together for 5 min., then add the apples, which have been quartered, cored, and pared, and simmer until they are tender. Turn in the gelatine, stir until it is dissolved, then press the mixture through a fine sieve. Measure, and if not two cupsful, add water. Add the lemon juice and grated rind, stand the dessert on ice, stirring occasionally until slightly thickened, then beat briskly until foamy; turn in the whites of egg, which have been whisked stiff, and beat all together until stiff enough to retain its shape. Pour into a mold, place in the refrigerator for 2 hrs., and serve with cream or soft custard sauce.

BANANA SPONGE.

1 c. banana pulp	Juice ½ orange
⅝ c. granulated sugar	Juice ¼ lemon
Whites 2 eggs	2 T. granulated gelatine.

About 4 medium-sized bananas are usually required. Do not prepare the pulp until ready to use it.

Soak the gelatine in 2 T. cold water for a half-hour, then place over hot water until dissolved. Remove from the heat, stir into it the orange juice, lemon juice, and sugar. Now press the banana pulp through a sieve, and add the required 1 c. to the gelatine mixture. Place on ice, and stir frequently until somewhat thickened. Beat the whites of eggs very stiff, add them and beat all together until foamy. Turn into molds, chill for 2 hrs., and serve alone, or with cream.

PRUNE SPONGE.

1 c. pulp from cooked	Whites 2 eggs
prunes	2 T. granulated gelatine
$\frac{1}{2}$ c. sugar	2 t. lemon juice
$\frac{1}{2}$ t. vanilla.	

Pour 2 T. cold water on the gelatine, soak for 30 min., then dissolve over hot water. Mix the prune pulp, sugar, lemon juice and melted gelatine, stir for a few moments, set in a cool place, and, when beginning to thicken, add the vanilla and the whites of eggs, whisked stiff; then beat all together until spongy throughout. Turn into a mold, put in a cold place for 2 hrs.; serve alone, or with cream, flavored with caramel, and slightly sweetened.

SPANISH CREAM (Vanilla).

2 T. granulated gelatine	$1\frac{1}{2}$ c. milk
$\frac{3}{8}$ c. granulated sugar	3 small eggs
$\frac{3}{4}$ t. extract vanilla.	

Cover the gelatine with $\frac{1}{4}$ c. cold water. Soak half-hour. Boil the milk. Separate the eggs. Beat the yolks and sugar together. Add the gelatine to the milk, and stir until dissolved. Then turn in the yolks and sugar, and stir constantly until thickened. Remove from the fire, while beating the whites stiff. Put it back over the fire, and mix in the whites, stirring lightly. Take off the stove. Add the vanilla. Turn into molds. Cool somewhat, then place in the refrigerator for several hours before serving. Use alone, or with cream.

SPANISH CREAM (Chocolate).

Make like Vanilla Spanish Cream. Use 1 cup of sugar, and put two ounces of unsweetened chocolate, grated, in the

saucepan with the milk, stirring and cooking until entirely free from lumps.

MACAROON CREAM.

2½ T. granulated gelatine	¾ c. almond macaroon crumbs
2 c. milk	⅓ c. granulated sugar
3 eggs	1 t. vanilla extract
¼ t. almond extract.	

Turn ¼ c. cold water over the gelatine. Soak half-hour. Scald the milk. Add to it the yolks of eggs and sugar, which have been beaten together. Stir until it thickens slightly. Remove from the fire. Add the gelatine and stir until it is dissolved. Mix in the macaroon crumbs; also the flavorings. Stir over ice until it begins to thicken. Then add the whites of the eggs which have been beaten very stiff. Place on ice to harden. Garnish with almond macaroons.

APRICOT BAVARIAN CREAM.

¼ lb. evaporated apricots	1 c. double cream
2½ T. granulated gelatine	1 c. granulated sugar.

Wash the apricots, and soak them in cold water over night. Cook them in the same water, and when tender turn over them the sugar and cook for 10 min. longer. Then drain, and press through a fine sieve. Should there not be sufficient pulp to make 1 c., add some of the syrup in which they were cooked. While the apricots are cooking, soak the gelatine in ¼ c. cold water for half-hour, then stir it over hot water until dissolved. Mix the apricot pulp and gelatine, stir occasionally over ice until beginning to thicken, then add it to the cream, which has been whipped. Beat until stiff enough to retain its shape, turn into a mold, and place in the refrigerator for 2 hrs. Serve with whipped cream.

COFFEE BAVARIAN CREAM.

1½ c. double cream	2½ T. granulated gelatine
½ c. strong, hot coffee	⅜ c. granulated sugar
½ t. extract vanilla.	

Cover the gelatine with ¼ c. cold water and soak half-hour. Then turn over it the hot coffee and sugar and stir until dissolved. Finish in the same way as Apricot Bavarian Cream, adding the vanilla just before turning into the mold.

ORANGE BAVARIAN CREAM.

2½ T. granulated gelatine	1 c. double cream
1 c. orange juice	¾ c. granulated sugar.

Soak the gelatine for half-hour in ¼ c. cold water. Then stir it over hot water until dissolved. Add the sugar and orange juice, and proceed as for Apricot Bavarian Cream.

CHARLOTTE RUSSE.

2 c. double cream	¾ c. powdered sugar
2 T. granulated gelatine	1 t. extract vanilla
¼ lb. lady fingers.	

Cover the gelatine with ¼ c. cold water and soak half-hour. Split the lady fingers, cut the sides straight, and line two plain charlotte molds. Whip the cream. Add the sugar to the gelatine, and stir over hot water until dissolved. Then pour it into a pan and stand on ice, stirring constantly until lukewarm. Turn into it the cream, a small quantity at a time, beating all the while until stiff enough to bear the impression of a spoon, stir in the vanilla, and pour into the molds. Place in the refrigerator for 2 hrs.

FROZEN DESSERTS.

It would appear impossible to discover when and where frozen liquids were first made for use as food. In the Orient, from quite remote ages, there has existed the practice of conveying snow and ice from the mountains, for the purpose of having material to cool sorbets. Records seem to prove that cream was first frozen in the French capital in the year 1774. The manufactured product received the name "ice-butter."

So well have frozen desserts appealed, and so great has become their variety, that they are now somewhat difficult to classify. The simplest form is that of water-ice, frappé, or punch, consisting merely of water, sugar and flavoring. In this class may be placed, also, the frozen fruits, and the granites. An evolution is the sherbet, which has a meringue added when the freezing of the ice is nearly completed. Among the creams, Philadelphia ice cream is the simplest, containing only cream mixed with sugar and flavoring.

Frozen custard, plain ice cream, or New York ice cream, with a foundation of milk, or thin cream, has the addition of thickening, in general, either eggs, cornstarch, or both. French ice cream, also, is enriched and thickened by yolks of eggs added to the cream. Neapolitan ice cream seems to have been, originally, like a French cream. (In neither of these are fruits used. The flavoring is obtained from coffee, vanilla, etc.) At present, however, the term Neapolitan is nearly always applied to a cream consisting of several layers, in diverse colors and flavors. All these classes of creams are frozen with stirring. Others, frozen without stirring, are the parfait, the mousse, and biscuits glacés. Such preparations have, at times, an addition of gelatine to render them smooth, and to prevent rapid melting in service. Again, either the whole, or a part of the cream used in them is whipped. (The law now prohibits the use of gelatine in ice cream of factory make. It is said that lard has been substituted for stiffening and enriching.)

A smooth, fine grained texture in either an ice or a cream depends, to great extent, upon the manner in which the ingredients are combined. Mere stirring does not produce best results. For water ice, etc., the sugar should be cooked with water to form a syrup. It needs to be cooled before freezing. For a cream, all the sugar, and half of the cream, should be scalded, and cooled.

In the freezing of mixtures, one applies the principle that solids in melting must have heat. Two solids, ice and salt (which should be of a coarse variety, broken rock salt or freezing salt) are placed in the tub of the freezer, and, as these substances have an affinity for each other, in melting, they draw the heat from the liquid in the can of the freezer. Until the ice has melted so far that re-packing is needed, the water that forms in the tub should not be drawn off. This water facilitates the freezing process, as, naturally, it is cooler than air which would replace it in the spaces between ice and salt. Care needs to be taken, however, that the liquid in the tub does not rise so high that it may enter the can. Most freezers are made with a small hole near the top of the tub. This should be left open during the freezing operation.

The ordinary proportions of ice and salt are three of ice to one of salt. (For packing, four of ice to each of salt.)

The larger the proportion of ice, the slower the freezing process, and the smoother the frozen mixture. For frappés or granites, which are desired coarse grained, two measures of ice to one of salt, prove correct. This proportion is kept, also, for a mousse, a parfait, or similar article to be frozen without stirring.

To Pack a Freezer :

Always pack the freezer before pouring into the can the preparation to be frozen. Adjust the can in the tub, seeing that the dasher, handle, and all parts are in good working order. Have at hand ice and salt, allowing about 10 lbs. ice and 2 qts. coarse salt for a gallon freezer. Crack the ice somewhat, put it in a burlap sack, and pound moderately fine; or, use an ice shaver, if preferred. Then—without removing cross-bar or lid—pack around the can a three-inch layer of ice, next, a one-inch layer of salt, and so proceed, turning the handle occasionally, until the packing reaches the lower edge of the lid. Wipe the cross-bar and lid free of salt.

To Freeze Cream, etc. :

Pour into the can the mixture to be frozen, adjust lid and handle, and turn very slowly, but steadily, for about 15 min., or until fairly stiff, then turn rapidly for about 5 min., or until frozen so hard that the handle can not be moved. (Water ices require a longer time, 30 min., or more, altogether.) Wipe the cross-bar and lid, then open the can, taking care not to let any salt fall in. Remove the dasher, scraping the cream from it, then with a large spoon stir the mixture down, packing it into the air space left by the dasher, and making the top smooth. Press over it a piece of waxed paper, or ordinary unglazed white paper. Replace the lid, and insert a cork in its opening. Draw off the brine, repack with coarsely crushed ice and salt, twist newspaper above the ice, around the can, and cover with some heavy material, as a blanket or piece of carpet, to exclude air. Let stand in a cool place, but not in a draft, for 2 hrs., to “ripen.” This causes the flavors to blend well.

To Mold Ice Cream, etc. :

Have ready ice, broken coarse. Mix with it one-fourth as much salt. Put a layer in the bottom of a large deep pan,

set the mold, covered, on it, and surround, to the lower edge of the lid, with the ice and salt. Wipe the lid, remove, and place in the mold, by large spoonful, the mixture to be molded. Heap it a trifle above the edge of the brim, cover with a piece of white unglazed paper, and press the lid down tight. About the edge of the lid, bind a strip of cheesecloth well-moistened in melted suet or butter, pressing it close against the mold. Heap ice and salt over the top, and cover with a blanket or other thick fabric. Set in a cool place for 2 hrs.

To Unmold a Frozen Shape:

Rinse the mold quickly with cold water, remove the strip of cheese cloth, wipe the mold dry, remove the lid, take off the paper, turn the mold upside down on the serving dish, and let stand a few moments, when, if the room be moderately warm, the tin may readily be lifted off. In case the shape clings to the mold, wring out a towel in moderately warm—not hot—water, fold about the mold, and let remain a short time. (One should never dip into hot water a mold holding frozen material, as the outer part is likely to melt and thus be wasted; also, the general appearance is rendered poor.)

Calculating the Amount of Ice Cream, etc., for Occasions:

According to the generous methods of serving in our country, each one quart mold may be expected to serve from five to eight persons. Abroad, ice cream is considered so great a luxury that it appears, in the generality of instances, in dainty cases holding scarcely more than a good-sized teaspoonful.

Readings:—Principles and Practice of Ice Cream Making, Bulletin No. 155, Vermont Agr. Exper. Station; Ice Cream and Iced Drinks (Wiley) in Good Housekeeping Magazine, July, 1912.

FROZEN APPLE SAUCE.

Select tart, well-flavored apples, quarter, core (do not pare) and stew in a small quantity of water until very tender. Press through a fine sieve, and to each pint of sauce add $\frac{1}{2}$ c. granulated sugar. Stir over the fire until the sugar has dissolved, then stand away until quite cold. Freeze, and serve with whipped cream, sweetened and flavored.

FROZEN APRICOTS.

2 c. sliced apricots

$\frac{3}{4}$ c. sugar

I c. water.

Put the sugar and water together over the fire, bring to a boil, cook 3 min., add the fruit, cook 2 min., remove and press through a sieve. When cold, freeze.

Canned apricots answer well. Substitute the syrup on the fruit for an equal amount of water, and use a little less sugar.

FROZEN BANANAS.

1 doz. bananas

1 lb. sugar

I pt. water

Juice 2 oranges.

Boil the sugar and water together for 5 min. Stand it away until cold. Press the bananas through a ricer or fine sieve. Add them and the orange juice to the syrup, and freeze.

CHERRY WATER ICE.

3 c. red cherries

I c. sugar

1 c. boiling water.

Select well-ripened cherries, Morellos being best. Wash and stone the fruit, then put into a saucepan, add 1 doz. of the stones, the sugar, and the boiling water. Place over the fire, and heat, not boil, for 5 min. Remove, press through a sieve, cool, and freeze.

CRANBERRY FRAPPÉ.

2 c. cranberries

Juice 1 lemon

I c. sugar

1 c. boiling water.

Pick over and wash the cranberries, put them into the saucepan with the boiling water, bring to a boil, and cook for 5 min. Remove, strain, and press through two thicknesses of cheese cloth. Return to the saucepan, turn in the sugar, and stir over the fire until dissolved. Cool, add the lemon juice, and freeze only moderately stiff. Serve with a roast of turkey or chicken; or, afterward, if preferred, in the sherbet course.

LEMON WATER ICE.

2 large lemons

1 $\frac{1}{4}$ c. sugar

1 small orange

2 c. boiling water.

Boil the sugar and water for 5 min., cool somewhat,

add the grated rind of the orange and of one lemon, let stand 1 min., then strain. When well cooled, add the juice of the orange and lemons, and freeze.

GRAPE SHIRBET.

2 lbs. Concord grapes	Juice $\frac{1}{2}$ lemon
$1\frac{1}{4}$ c. granulated sugar	$1\frac{1}{2}$ c. boiling water.
Meringue	{ White 1 egg
	{ 4 T. sifted granulated sugar.

Rinse the grapes, and heat—not boil—with the boiling water, for 5 min. Press through a sieve, add the $1\frac{1}{4}$ c. sugar to the pulp, simmer for 5 min., cool, add the lemon juice and freeze. When almost done, whisk the white of egg stiff, add to it gradually, beating constantly, the 4 T. sugar, and when very stiff, turn into the freezer, then continue the churning for about 5 min.

ORANGE WATER ICE.

Grated rind $1\frac{1}{2}$ oranges	1 c. sugar
Juice 6 large oranges	2 c. water.

Boil the sugar and water for 5 min., cool, add the other ingredients, and freeze.

BANANA ICE CREAM.

2 c. cream	Juice $\frac{1}{2}$ large orange
3 bananas	$\frac{3}{4}$ c. sugar.

Scald the sugar and half of the cream, cool, add the orange juice, the pulp of the bananas passed through a sieve, and the rest of the cream. Freeze.

BROWN BREAD ICE CREAM.

2 c. cream	$\frac{1}{8}$ c. Boston brown bread crumbs
$\frac{1}{2}$ c. sugar	1 T. caramel
	$\frac{1}{2}$ T. extract of vanilla.

To prepare the bread crumbs, put into a slow oven one slice, or more, of Boston brown bread, let remain until dry and crisp, then run it through a meat grinder, making the crumbs moderately fine, but not pulverizing.

Scald half the cream with all the sugar, cool, add the caramel, vanilla and remaining cream. Freeze, putting in the crumbs near the end of the process.

COFFEE ICE CREAM.

2 c. cream	$\frac{1}{2}$ c. sugar
$\frac{1}{2}$ c. pulverized coffee	$\frac{1}{2}$ T. vanilla extract
$\frac{3}{4}$ c. boiling water.	

Put the coffee in a heated pot, pour over it the boiling water, let steep on the back of the range for 5 min., then strain through doubled cheese cloth, pressing hard to extract all the flavor possible; cool. Scald half the cream and all of the sugar, chill, mix with the coffee extract, the vanilla, and the rest of the cream, then freeze.

FROZEN CUSTARD (Plain).

2 c. thin cream	$\frac{3}{8}$ c. sugar
Yolks 3 eggs	$\frac{1}{2}$ T. flavoring extract.

Heat the cream and sugar in a double boiler. Beat the yolks of eggs, turn them into the cream and stir constantly until thick enough to coat the spoon. Pour out at once into a cool vessel, chill, add the flavoring, and freeze.

FROZEN CHOCOLATE CUSTARD.

2 c. milk	Yolks 3 eggs
1 oz. unsweetened chocolate	$\frac{1}{2}$ T. vanilla extract
$\frac{5}{8}$ c. sugar	$\frac{1}{8}$ t. ground cinnamon.

Melt the chocolate over the steam of a tea kettle. Boil the milk. Then add the melted chocolate, stir briskly and cook for a few moments until smooth. Beat the yolks of the eggs until thick, add the sugar gradually. When well combined put them into the hot mixture and stir constantly until slightly thickened. Stand away to cool. Add the vanilla and cinnamon, mixed together, when ready to freeze. If care is taken to cook the egg thickening properly, this mixture will be almost as rich and smooth as one made with cream.

PINEAPPLE ICE CREAM.

2 c. cream	1 c. grated fresh pineapple
1 c. sugar	Juice $\frac{1}{2}$ lemon.

Heat the sugar and all of the cream to scalding point, then cool. When ready to freeze, stir in the pineapple pulp and lemon juice. Freeze, as usual.

Grated canned pineapple may be used, lessening the amount of sugar. For entire satisfaction, a fine grade of

If the vanilla bean is used, split it open lengthwise, scrape out all the seeds possible, and cut the pod into half-inch pieces. Set the seeds aside. Put the pod, all of the sugar, and half of the cream into a saucepan. Stir over the fire until steaming hot. Stand away until very cold. Remove the bits of pod. Stir in the balance of the cream, and the vanilla seeds mixed smooth with a small portion of the cream. Freeze, and let stand 2 hrs. to ripen.

WHITE CHERRY ICE CREAM,

2 c. cream	$\frac{1}{2}$ c. canned white cherries
$\frac{1}{2}$ c. sugar	$\frac{1}{4}$ c. cherry juice
$\frac{1}{2}$ T. caramel	$\frac{1}{2}$ T. vanilla extract.

Add the sugar to half of the cream, heat to steaming point, and cool. Seed the fruit, and put in a cool place until needed. When ready to freeze, mix together all the materials except the cherries. Freeze, and add the fruit, in case the dessert is to be used within a half-hour. If it is to stand 2 hrs. for ripening, stir in the cherries only a short time before serving. They become so hard as to be inedible, when allowed to remain long in the frozen cream.

CAFÉ PARFAIT.

2 c. double cream	$\frac{1}{4}$ c. strained black coffee (cold)
$\frac{1}{4}$ c. powdered sugar.	

Whip the cream, sift in the sugar, by degrees, beating constantly, add the coffee, and turn into a quart ice-cream mold. Cover the mixture with waxed paper. Press the lid on tight. Put about the lower edge of the lid an inch-wide strip of cheese cloth which has been saturated with melted suet or butter. It is well to have the strip long enough to pass twice about the mold. Pack in ice and salt, throw a blanket, or other heavy material over it, and let stand, undisturbed, for 2 hrs. or longer.

MAPLE PARFAIT.

2 c. double cream	$\frac{1}{2}$ c. thick maple syrup
Yolks 3 eggs	or $\frac{3}{4}$ c. thin syrup
$\frac{1}{2}$ T. extract vanilla.	

Whip the cream, beat the yolks of eggs, then mix all materials, pouring in the maple syrup in a thin stream, and beating constantly. Turn into a mold, and finish like Café Parfait.

FRUIT LAYER MOUSSE.

1½ c. double cream	1½ c. sifted granulated sugar
2 c. orange juice	¾ T. vanilla extract.

To the orange juice add 1 c. of the sugar, and stir until dissolved. Whip the cream, beat into it, gradually, the ½ c. sugar, then stir in the vanilla. Into an ice-cream mold, of quart size, pour the sweetened orange juice. Drop on top of it, by spoonsful, spreading lightly, the whipped cream. Its lightness will keep it floating, and there are, thus, two distinct layers of color. Have the mold quite full, put on the lid, and finish like Café Parfait.

PUDDING SAUCES.

CLEAR LEMON SAUCE.

Grated rind 1 lemon	2 T. butter
Juice 1 lemon	2 T. cornstarch
½ c. sugar	1 c. boiling water.

Put the sugar and cornstarch into a small saucepan, mix thoroughly, pour over them the boiling water, stir constantly until boiling and clear. Add the other ingredients, and, when the butter melts, use.

COFFEE SAUCE.

1 c. milk	Yolk 1 egg
3 T. sugar	2 T. very strong coffee
¼ t. vanilla extract.	

Scald the milk; beat the yolk of egg, add to it, gradually, the sugar, beating constantly; turn into the milk, and stir until slightly thickened. Remove from the heat, turn out at once to cool, and when ready to use stir in the coffee and vanilla.

COLD CHOCOLATE SAUCE.

¾ c. sugar	1 square unsweetened chocolate
¾ c. water (boiling)	¾ T. cornstarch.

Break the chocolate into bits, pour on it the water, place over the fire, and cook for 3 min., add the sugar and cornstarch, well mixed together, stir until boiling, remove and chill before using. There may be added, if liked, a trifle of ground cinnamon or a few drops of vanilla.

HOT CHOCOLATE SAUCE.

Into a small saucepan put 1 c. granulated sugar and $\frac{1}{2}$ c. hot water. Cook until a bit dropped into cold water may be rolled into a soft ball. Meanwhile, mix 2 T. cocoa and 2 T. boiling water, in an enamel-ware cup, and stir over gentle heat, to a smooth paste. Add to the syrup, and cook again to the soft ball stage. Serve at once if possible, pouring over vanilla ice cream frozen very stiff. The sauce, when correctly made, forms a waxy taffy over the cream.

COCOANUT SAUCE.

$\frac{1}{4}$ c. butter	1 egg
$\frac{3}{4}$ c. powdered sugar	1 T. lemon juice
$\frac{3}{4}$ c. fresh grated cocoanut	$1\frac{1}{2}$ t. vanilla extract.

Work the butter to a cream, add the sugar gradually, beating until light. Separate the yolk and white of egg, beat the yolk, mix it well with the butter and sugar, and add the lemon juice and vanilla. Shortly before serving, stir in the cocoanut; whisk the white of egg stiff, and fold it in lightly but thoroughly.

DAIRY MAID'S SAUCE.

2 T. butter	$\frac{1}{2}$ c. cream
$\frac{1}{4}$ c. powdered sugar	Grated rind $\frac{1}{4}$ lemon
Juice $\frac{1}{4}$ lemon.	

Scald the cream. Work the butter until very soft, add the sugar gradually, beating all the time; then pour on the cream, in a thin stream, stirring together briskly, mix in the lemon rind and juice. Use at once.

GINGER SAUCE.

$\frac{1}{2}$ c. granulated sugar	$\frac{3}{4}$ c. boiling water
2 T. ginger syrup	2 T. butter
4 T. preserved ginger	2 T. cornstarch
Juice 1 lemon.	

Cut the preserved ginger into tiny blocks. Put the sugar and boiling water into a saucepan, bring to boiling point, add the butter and cornstarch which have been well blended, stir constantly until boiling and clear. If ready to serve, add the lemon juice, ginger syrup and preserved ginger.

FRUIT HARD SAUCE.

$\frac{1}{4}$ c. butter	1 doz. (or more) strawberries
$\frac{1}{2}$ c. powdered sugar	Trifle of lemon juice.

Cream the butter, beat in gradually the powdered sugar, add, one at a time, fully ripe strawberries, crushed, using as many as needed to color and flavor well, then stir in a little lemon juice. (This is not absolutely necessary, but intensifies the flavor.) Should the sauce show signs of curdling, beat in slightly more sugar. Arrange on a serving dish, and chill until hard before using.

Red raspberry sauce made in this way is very pleasing.

JAM SAUCE.

With $\frac{1}{3}$ c. of jam made from apricots, strawberries or red raspberries, mix about 1 c. rich cream, the amount depending upon the consistency of the jam. A little pink vegetable coloring matter may be used in the strawberry or raspberry sauce, if desired.

MAPLE SUGAR SAUCE.

1 c. maple sugar (grated)	2 T. butter
$\frac{1}{4}$ c. cream	White 1 egg.

Boil the maple sugar and cream until the syrup will spin a thread, add the butter, cook again to the thread stage, then pour in a thin stream over the stiffly beaten white, continue the beating for a few moments, and use.

COLD ORANGE SAUCE.

$\frac{1}{4}$ c. orange juice	$\frac{1}{4}$ c. blocks orange pulp
$\frac{1}{4}$ c. granulated sugar	$\frac{1}{2}$ t. granulated gelatine
$\frac{1}{4}$ t. vanilla extract.	

Soak the gelatine in 2 T. cold water for $\frac{1}{2}$ hr., then add the sugar and stir over hot water until dissolved. Remove from the heat, add $\frac{1}{4}$ c. cold water, and the rest of the ingredients. Put in the refrigerator for 2 hrs., or until as thick as a medium syrup. Serve with any plain cold dessert, or with vanilla ice cream.

Should the sauce, in very cold weather, seem a trifle stiff, stir briskly, for a moment, before serving.

SULTANA SAUCE.

Stew $\frac{1}{4}$ c. Sultana raisins in $1\frac{1}{2}$ c. boiling water for 10 min., turn in $\frac{1}{2}$ c. granulated sugar, also 2 T. butter

and $1\frac{1}{4}$ T. cornstarch (which have been well-mixed), stir until boiling and quite thick. A moment before serving stir in the juice of a small lemon.

FOAMY ORANGE SAUCE.

Grated rind $\frac{1}{4}$ orange	$\frac{3}{8}$ c. granulated sugar
Juice 1 orange	1 T. butter
White 1 egg	1 T. cornstarch.

Add to the juice of the orange enough boiling water to make altogether $\frac{1}{2}$ c. liquid. In a small saucepan mix the sugar and cornstarch, pour on them the liquid, and stir constantly over the fire until boiling and clear. Draw away from the intense heat, and add the butter. Whisk the white of egg stiff, turn it into the sauce, add, also, the grated rind, place again on a hot part of the range, and fold together lightly until it begins to puff up, then serve.

STRAWBERRY SOUFFLÉ SAUCE.

1 c. fully ripened strawberries	6 T. fine-grained granulated sugar
White 1 egg.	

Rinse and hull the berries, and press through a fine sieve. Chill all the ingredients, and when nearly ready to use, beat together briskly until foamy throughout. It increases considerably in bulk.

THANKSGIVING SAUCE.

2 T. butter	$\frac{1}{2}$ c. sweet cider
$1\frac{1}{2}$ T. cornstarch	$\frac{1}{2}$ c. boiling water
1 c. brown sugar	Trifle of grated nutmeg
$\frac{1}{4}$ c. each, currants and chopped pecan nut meats.	

Be sure that the currants are well cleansed. Mix the sugar and cornstarch in a small enamel-ware suacepan, add the currants, pour in the cider and boiling water, and cook, stirring constantly until it boils and thickens. Add the other ingredients. Serve with a plain boiled or baked pudding.

WHIPPED CREAM.

Cream for whipping should be rich, and twenty-four hours old. It must be thoroughly chilled. If a whip churn is at hand, see that it is very cold. Pour in the cream and

turn the handle rapidly until the cream is of the desired consistency.

Without a churn, cream may be whipped as follows:—Cover the bottom of a large saucepan with ice. On the ice place a smaller saucepan. Turn the cream into this. Cover and let stand until very cold. Then beat with an egg beater until stiff. If desired sweet, beat in 1 T. of pulverized sugar to each cup of cream. For flavoring, the proportions are $\frac{1}{4}$ t. extract to 1 c. whipped cream.

BREAD.

See Vol. I, pp. 109-111; 157-162.

Readings:—Foods (F. G. Carpenter), pp. 12-43; Foods; Origin, Composition and Manufacture (William Tibbles), pp. 370-462; The Business of a Wheat Farm, Scribner's Magazine, Vol. 22, p. 531; Results of Studies of Factors of Bread Making, Journal Home Economics, Feb., Dec., 1914; Flour and Bread Making, Bulletin No. 180, Ontario Dept. of Agriculture.

YEAST BREADS.

Wheat Bread, Rye Bread, Liquid Yeast, pp. 162-165, Vol. I.

CORN BREAD.

1 medium-sized potato	3 c. milk
1 oz. compressed yeast	3 c. yellow corn meal
2 T. butter	2 t. salt

Spring wheat flour to stiffen.

Pare and boil the potato. Scald the milk. Sift the corn meal into a bowl, add the salt and butter, pour over it the hot milk, and beat until smooth. When the potato is tender, drain, and mash it, then stir it into the batter, and stand the mixture away until luke-warm. Then stir in the yeast, which has been dissolved in 2 T. of luke-warm water; and sift in enough spring wheat flour to make a dough of medium stiffness. Knead for a few moments until smooth, turn into a greased bowl, grease the top of the bread, cover, and put it in a moderately warm place until it has doubled

in bulk. Turn out, shape into loaves, put in well-greased pans, grease the top of the loaves, and let them stand until almost doubled in bulk. (On account of the small amount of flour, the bread becomes very coarse grained if allowed to stand too long.) Bake 45 min. to a single loaf.

GRAHAM OR WHOLE-WHEAT BREAD.

Use the recipe for Wheat Bread, taking only 5 c. spring wheat flour, and then add enough Graham or whole-wheat flour to make a dough somewhat stiffer than for white bread. For those who like this kind of bread slightly sweet, 4 T. sugar may be added when starting the sponge. Watch carefully after setting it away to rise, as fermentation takes place rather quickly. Have the oven very hot at first, but lessen the heat in 15 min., as such bread burns readily; and finish baking a little more slowly than for white bread.

PARKER HOUSE ROLLS.

2 c. milk	1½ t. salt
4 T. butter	1 oz. compressed yeast
2 T. sugar	6 c. spring wheat flour.

Scald the milk. Pour it into a bowl, adding the butter, sugar, and salt. Stir until the butter melts. Let the mixture stand until luke-warm. Add the yeast, dissolved in 2 T. luke-warm water. Sift in sufficient flour to make a soft dough. Knead about 15 min., until smooth and elastic. Turn into a greased bowl. Brush the top of the dough with melted butter. Cover with a towel, and stand in a moderately warm place to double in bulk. Then work down in the bowl for about 5 min. Grease the top. Stand it away again until it doubles its bulk. Cut off pieces of 2 oz. by weight, or about 2 T., rounded, by measure. Form into smooth balls. When all the dough is used, with a rolling pin shape the balls into flat cakes about 3 in. in diameter, keeping the smooth side next to the board. Make a crease across the centre with a knife handle. Brush lightly with butter, and fold one-half over the other. Press down well, and let the upper edge slightly overlap the lower. Brush the tops with lukewarm water, and repeat this several times while they are rising. When doubled in bulk, bake in a hot oven 10 or 15 min.

POTATO ROLLS.

3 Irish potatoes,	$\frac{1}{2}$ T. sugar
medium size	$\frac{1}{2}$ oz. compressed yeast
1 c. milk	$\frac{3}{4}$ t. salt
4 T. butter	Bread flour.

Pare the potatoes, boil them, and mash free from lumps. Meanwhile, scald the milk. Add it to the hot potatoes, gradually, beating until smooth. Stir in the butter, sugar and salt, and let stand until luke-warm. Then dissolve the yeast in 2 T. luke-warm water, stir it into the batter, sift in enough flour to make a soft dough, knead for 15 min., put into a greased bowl, grease on top, cover, and set away in a moderately warm place until doubled in bulk. Then work down well in the bowl, grease the top, let stand again to become light, turn out on a board scantily dusted with flour, and roll out the dough, making a sheet $\frac{1}{2}$ in. thick. Use a small, round cutter, stamp out the rolls, place them in a greased baking pan, brush the tops with milk or melted butter, and stand in a warm place until light. Again, brush the tops, and bake in a very brisk oven for 10 to 12 min.

TWIN BISCUITS.

Make like Potato Rolls; but, when rolling the sheet, make it not over $\frac{1}{4}$ in. thick, cut out, and put every two circles together, sandwich fashion, with a bit of butter between. These, when baked, have a pleasing appearance, and may be split apart easily and smoothly. They answer well for sandwich making.

CLOVER LEAF ROLLS.

Use either the Parker House Roll recipe, or that for Potato Rolls. When the dough is light, roll out, cut into quite small circles, shape each like a tiny ball, and place together on greased baking pans, in groups of three, almost touching, so that when risen, they will cling together, thus forming what is termed a "three-leaf clover." Four rolls may be used likewise. Finish in the same manner as other rolls.

SALT-RISING BREAD.

Mix 4 T. corn meal, 2 T. flour, $\frac{1}{4}$ t. salt, and $\frac{1}{4}$ t. sugar; pour over them boiling water, to make a mixture of

about the consistency of a thin drop batter. Keep this covered in a medium warm place, from about noon of one day until the following morning. Then scald a quart cup, put in one dessertspoonful of salt, and luke-warm water, to fill one-third the cup, turn in the prepared cornmeal "starter," and sift in enough slightly warmed flour to form a stiff drop batter. Beat thoroughly, then set the cup in a vessel of moderately hot, but not scalding water. Keep the temperature of this water as nearly even as possible until the mass rises to the top of the vessel. This should occur in from 2 to 5 hrs. Sift flour into a bread pan, make a well in the centre, add $\frac{1}{2}$ t. salt, and the salt-rising, pouring in, also, enough luke-warm water or milk to make a soft dough. Knead lightly for a few moments, shape in small loaves, put into greased pans, and keep in a warm place until almost doubled in bulk. Bake for about 1 hr. in a moderate oven. Just before removing from the oven, the top may be brushed with a glaze, if desired.

This is a difficult bread to make. Success depends greatly upon maintaining an even, moist temperature, neither hot enough to scald the tiny organisms that cause the fermentation, nor cool enough to lower their vitality or stop their growth.

The above recipe, made with leaven from cornmeal, makes bread called, in certain parts of the country, "railroad emptyings." Some breads of this nature are started with flour alone.

QUICK BREADS.

CORN MEAL CRACKERS.

1 $\frac{1}{4}$ c. winter wheat flour	$\frac{1}{2}$ c. milk (or more)
$\frac{3}{4}$ c. corn meal	2 t. baking powder
2 T. butter	$\frac{1}{2}$ t. salt.

Sift into a bowl the dry ingredients, rub in the butter, and add milk to make a stiff dough. Sprinkle a bread board with flour, turn out the dough, knead until smooth, roll about as thin as paper, and cut in any shape desired. Lay on a greased baking sheet, prick the tops in several places, with a fork, and bake in a quick oven from 6 to 8 min. Good with salad. Wholesome for children.

SOUR CREAM BISCUIT.

2 c. flour (winter wheat)	$\frac{1}{2}$ t. bicarbonate soda
1 c. thick sour cream	$\frac{1}{2}$ t. salt.

Sift the flour, salt, and bicarbonate of soda into a bowl, then quickly stir in enough cream—the quantity varying somewhat with different qualities of flour—to make a fairly soft dough. Turn out on a floured board, knead lightly for a moment, roll about $\frac{1}{2}$ in. thick, cut out, and bake 10 to 15 min. in a very hot oven.

BAKERS' BISCUIT.

2 c. winter wheat flour	$\frac{1}{2}$ c. milk (or more)
$\frac{1}{4}$ c. lard	4 t. baking powder
$\frac{1}{2}$ t. salt.	

Sift into a bowl the flour, baking powder and salt. Rub in the lard, thoroughly, but quickly, then stir in milk to make a medium stiff dough. Toss out on a floured bread board, and knead briskly—with a little more force than for most biscuit—for several minutes, or until the dough seems soft and elastic. Roll about $\frac{3}{4}$ in. thick, cut out, and set, an inch apart, in a greased baking pan. Bake in a very brisk oven, for 12 to 18 min.

When properly made, these are very white within, have a split on one side, and when broken open, may be peeled off in layers, somewhat like puff-paste.

RICE GEMS.

Make in the same way as Corn Gems, omitting the flour, and substituting 1 c. cold boiled rice, mashed free from any lumps.

CORN GEMS.

1 c. corn meal	$\frac{1}{2}$ c. cold milk
$\frac{1}{2}$ c. flour	2 T. butter or lard
$\frac{3}{4}$ c. scalded milk	2 t. baking powder
2 eggs	$\frac{1}{2}$ t. salt.

Grease gem pans, and place them where they will become moderately warm. Sift the corn meal into a mixing bowl, put in the butter and salt, pour over the scalding hot milk, and mix well. Separate the yolks and whites of eggs, beat the yolks, add to them the cold milk, stir this into the batter, then sift in the flour, beating until smooth. Beat

the whites stiff, add them and the baking powder, mixing thoroughly but lightly; pour at once into the gem pans, and bake in a quick oven 25 to 30 min.

STALE BREAD GEMS.

$\frac{3}{4}$ c. stale bread crumbs	1 egg
$\frac{1}{2}$ c. flour	$\frac{3}{4}$ T. melted butter
$\frac{1}{2}$ c. milk	1 t. baking powder
$\frac{1}{4}$ t. salt.	

Grease and heat gem pans. Rub the crumbs fine, and soak them in the milk for 15 min. Separate the egg, beat the yolk, add to it the melted butter, salt, milk and crumbs; sift in the flour, and beat until free from lumps. Whisk the white of egg stiff, fold it, and the baking powder, into the batter, pour quickly into the heated pans, and bake 30 min. in a fairly brisk oven.

CUSTARD GEMS.

$\frac{1}{2}$ c. corn meal	2 T. melted butter
$\frac{1}{2}$ c. flour	1 T. sugar
1 c. milk	2 t. baking powder
2 large eggs	$\frac{1}{2}$ t. salt.

Put a set of greased gem pans to heat. Separate the yolks and whites of eggs, beat the yolks until thick and lemon-colored, add to them the melted butter, sugar, salt, and milk. Sift in the flour and corn meal and beat well. Then fold in, with care, the whites of eggs beaten stiff, and the baking powder. Pour into the pans, and bake about 40 min. in a moderately brisk oven. Serve at once. They should show a thin sheet of custard just under the top crust.

PLAIN GRIDDLE CAKES.

2 small eggs	1 T. melted butter
1 c. milk	1 t. baking powder
1 c. flour	$\frac{1}{4}$ t. salt.

Place a griddle to heat over a moderately hot part of the range. Separate the eggs, beat the yolks, add to them the milk, salt, and melted butter. Sift in the flour, beat smooth, then fold in the well-beaten whites and the baking powder. Pour the batter into a small pitcher. Grease the griddle lightly, see that it is "hissing" hot, and pour out the

batter, making cakes not over 3 in. in diameter. If very large, they are difficult to turn. Place far enough apart that they can not run together. Turn only once during the cooking. Arrange on heated plates, drop a bit of butter on each cake, and serve as soon as a few are cooked. Pass with them a syrup, preferably maple, if they are to be used at the close of a meal. When served instead of bread, with a course of meat, eggs, etc., they may be accompanied by cream sauce, if desired.

OATMEAL GRIDDLE CAKES

1 egg	$\frac{1}{2}$ c. flour
$\frac{3}{4}$ c. cold boiled oatmeal	$1\frac{1}{2}$ T. melted butter
$\frac{1}{2}$ c. milk	1 t. baking powder
$\frac{1}{4}$ t. salt.	

Separate the egg, beat the yolk, add to it the milk, and the oatmeal, mashing until free from lumps, then proceed as for Plain Griddle Cakes.

STALE BREAD GRIDDLE CAKES.

2 c. milk	Flour—about 2 c.
1 egg	2 T. melted butter
1 c. stale bread crumbs	2 t. baking powder
$\frac{1}{2}$ t. salt.	

Rub the bread crumbs fine, and soak them in the milk for 15 min. Then prepare like Plain Griddle Cakes.

SOUR MILK MUFFINS.

1 egg	2 T. melted butter
1 c. thick sour milk	$\frac{1}{2}$ t. bicarbonate of soda
1 c. flour (or trifle less)	$\frac{1}{4}$ t. salt.

Heat the griddle; and grease muffin rings. Separate the egg, beat the yolk, add to it the melted butter, salt, and sour milk, sift in the flour, beating smooth. Dissolve the soda in $\frac{1}{2}$ T. luke-warm water. Beat the white of egg stiff. Mix the dissolved soda thoroughly into the batter. Turn in the beaten white, folding lightly, and cook at once, proceeding as for Plain Muffins.

PLAIN MUFFINS.

1 egg	$1\frac{1}{2}$ T. melted butter or lard
1 c. milk	1 T. granulated sugar
$1\frac{1}{2}$ c. flour	$1\frac{1}{2}$ t. baking powder
$\frac{1}{2}$ t. salt.	

Set a griddle on a moderately hot part of the range. Grease the muffin rings. Make the batter in the same way as for Plain Griddle Cakes. When ready, set the rings on the well-heated griddle. Pour into each ring enough batter to make one-third full. Cook to a golden brown underneath, slip off the ring, turn the muffin, and brown the other side. Remove to a heated plate, drop a bit of butter on each muffin, and serve as quickly as possible.

HOMINY MUFFINS.

1 egg	$\frac{1}{2}$ c. flour
$\frac{1}{2}$ c. milk	1 T. melted butter
$\frac{1}{2}$ c. boiled granulated hominy (cold)	1 t. baking powder
	$\frac{1}{4}$ t. salt.

Place a griddle to heat, and have at hand greased muffin rings. Separate the egg, beat the yolk, add to it the hominy, then the milk, gradually, mashing any lumps from the hominy. Stir in the melted butter and salt, then sift in the flour, beating until smooth. Whisk the white of egg stiff, fold it and the baking powder into the batter, and cook like Plain Muffins.

HONEY MUFFINS.

1 egg	$1\frac{1}{4}$ T. melted butter
$\frac{1}{3}$ c. thin cream	1 c. flour
$\frac{1}{3}$ c. honey	$1\frac{1}{2}$ t. baking powder
	$\frac{1}{4}$ t. salt.

Set a griddle to heat. Grease muffin rings. Mix the honey and cream. Make and cook in the same manner as Plain Muffins. Serve as the final course at breakfast or luncheon.

WAFFLES, PLAIN.

Use the recipe for Plain Muffins. Before mixing the batter, place a waffle iron on the back of the range to heat gradually. See that there is a good fire; prepare the batter, and when nearly ready to bake the waffles, remove one of the front lids, and set the iron in its place. When hissing hot, grease well with a swab of chopped suet tied in a piece of muslin. Pour in enough batter to about half-fill, turn the waffle iron at once, and cook 2 min., turn and cook from 1 to 2 min., or until a golden brown on each side. Remove,

place on a heated plate, spread lightly with softened butter, and sprinkle with pulverized sugar, or sugar mixed with a small amount of ground cinnamon. If preferred, omit sugar, and pass syrup with them. In case they are served in place of bread, with fish, meat, or other protein substance, sweet dressing, naturally, should be omitted.

SWEET POTATO WAFFLES.

1 c. mashed sweet potato	Yolks 2 eggs
$\frac{1}{2}$ c. pastry flour	$\frac{1}{2}$ c. milk
2 T. sugar	1 t. baking powder
3 T. melted butter	$\frac{1}{2}$ t. salt
$\frac{1}{4}$ t. grated nutmeg.	

Put a waffle iron to heat. (About 2 medium-sized sweet potatoes will make 1 c. mashed.) Beat the yolks of eggs, stir in with them the melted butter, sugar, salt, nutmeg and mashed potato. Add the milk, mix, sift in the flour, then the baking powder, and beat until smooth. Cook like Plain Waffles, spread lightly with melted butter, dust with powdered sugar, and serve as the final course at breakfast or luncheon.

This batter is usually of correct consistency when baked, although it may seem a trifle thick and need spreading out when put on the waffle iron.

CAKES.

See Vol. I, pp. 153-156.

Plain Cakes with Yeast.

BREAD CAKE.

2 c. bread dough	1 c. chopped raisins
6 T. butter	1 t. ground cinnamon
3 eggs	1 t. grated nutmeg
1 c. granulated sugar	$\frac{1}{2}$ t. ground cloves.

When the bread dough is light, ready for molding, turn it into a bowl. Add the butter, eggs, sugar and spices. Beat with the hand until entirely free from stringiness. Add the raisins, which have been coarsely chopped and dusted

with flour. Turn the batter into a greased baking pan. Stand in a warm place until light. This will take two or three hours. Bake in a moderate oven about 45 min.

DUTCH CAKE.

2 c. milk	$\frac{1}{2}$ cake compressed yeast,
$\frac{3}{4}$ c. sugar	or $\frac{1}{2}$ c. liquid yeast
6 T. butter	1 t. salt
1 t. vanilla	1 t. grated nutmeg.

Flour sufficient to make soft dough.

Scald the milk. Then add the butter and salt, and let stand until luke-warm. Stir in sugar and the compressed yeast dissolved in 1 T. of luke-warm water. Sift in sufficient flour to make a sponge. Beat briskly for 5 min. Cover and stand it in a moderately warm place over night. In the morning add the vanilla, nutmeg, and sufficient flour to make about as stiff as bread dough. Knead thoroughly and work in 2 c. of seeded raisins. Divide into four parts. Roll each into a flat round cake. Place them upon greased pie plates. Brush the top of the cakes with melted butter, and let stand in a warm place until they double in bulk. Then with a sharp knife make several light cuts across the top at right angles to each other so that the surface is divided off into blocks. Brush lightly with a mixture composed of 1 T. white of egg, 1 T. butter, melted, and 1 T. granulated sugar. Apply this again 5 min. before removing them from the oven. Bake in a moderately quick oven from 30 to 40 min.

RUSK.

Use Dutch Cake recipe. When the dough is ready for molding, cut off small pieces, taking about 1 T., rounded, at a time. Shape into balls. Place them close together in greased pans. Brush the tops with milk or melted butter. Cover. Stand in a warm place until they double their bulk. Again brush the tops with milk or butter. Bake in a moderate oven. Remove from the pans at once, and brush the top lightly with a hot mixture of 1 T. butter and 2 T. milk. Dust immediately with pulverized sugar.

PLAIN CAKES WITH BAKING POWDER.

GERMAN APPLE CAKE.

1 c. pastry flour	3 tart apples, medium size
2 T. butter	4 T. sugar
1 small egg	1½ t. baking powder
½ c. milk	¼ t. salt.

Pare and core the apples, cut into eighths, and set aside. Sift the flour, salt, baking powder, and half of the sugar, into a bowl, then rub in the butter. Beat the egg slightly, add it to the milk, and stir into the flour. Beat briskly until smooth, pour into a greased pan, press the apples into the batter in rows, their sharp edge down, and scatter the remaining sugar over the top. Bake in a brisk oven about 30 min. Serve hot, cut in squares, for a luncheon or tea cake.

This is sometimes used as pudding, with Lemon Sauce. Peaches or red cherries are occasionally substituted for apples.

QUICK CINNAMON BUN.

2 c. pastry flour	½ c. milk
3 T. sugar	Yolk 1 egg
3 T. shortening	3 t. Royal Baking Powder
	½ t. salt.

Sift together the dry materials, rub in the shortening, and mix to a medium dough with the milk, to which the beaten yolk has been added. (With very dry flour, somewhat more milk may be necessary.) Toss out on a floured board, knead lightly and briskly for a moment, again flour the board well, and roll the dough into a thin, rectangular sheet. Spread lightly, all over, with 3 T. softened butter, and scatter on it a mixture of ⅔ c. granulated sugar, ¾ T. ground cinnamon, and ½ c. currants (washed and dried). Roll up like a jelly roll, cut crosswise in sections about one and a half inches wide, and place them close together, cut side down, in a well-greased baking pan. Bake in a fairly quick oven about 30 min. Turn out, while hot, and let them remain with the under, or glazed side, up. Use warm, at luncheon, supper, or afternoon tea. In serving, separate with two forks—do not cut.

At times, when the under heat of the oven is not great enough, the buns fail to become brown and “sticky” on the

bottom. After turning out, their appearance and flavor may be improved by brushing with heavy maple syrup, or a fine grade of table molasses. Or, a method used by bakers is the pouring of some molasses over the bottom of the baking pan, before putting the buns into it.

RICH CAKES—LOAF, LAYER, SMALL.

CUP CAKE.

1 c. butter	1 c. milk
2 c. sugar	3 c. flour
4 eggs	4 t. baking powder
1 t. flavoring.	

Work the butter to a cream. Add the sugar gradually, beating constantly. Separate the eggs. Beat the yolks until light. Add them to the butter and sugar and beat again. Stir in the milk. Sift in the flour. Beat until perfectly smooth. Add the flavoring. Beat the whites of the eggs very stiff. Add them and the baking powder, stirring carefully until well mixed. Bake in a moderate oven about three-quarters of an hour.

This is a good, general utility cake. It may be served plain or iced in any way desired. It also makes acceptable layer cake.

CIDER CAKE.

$\frac{1}{2}$ c. butter	$\frac{1}{2}$ c. currants
1 c. granulated sugar	$\frac{1}{2}$ c. chopped raisins
2 eggs	1 t. ground cinnamon
$\frac{2}{3}$ c. sweet cider	$\frac{3}{4}$ t. grated nutmeg
2 c. (scant) flour	$\frac{1}{2}$ t. ground cloves
$\frac{1}{2}$ t. bicarbonate of soda.	

Line a loaf cake pan with two thicknesses of paper on both bottom and sides. Have the currants thoroughly cleansed and dry. Mix the bicarbonate of soda with 1 T. warm water.

Beat the butter to a cream, add the sugar gradually, beating constantly. Separate the eggs, beat the yolks until thick, turn them into the butter and sugar, and beat well, then pour in the cider. Take from the flour 2 or 3 T., and mix this well with the currants and chopped raisins. Add the spices to the rest of the flour, and sift into the batter,

beating until very smooth, then mix in the floured fruit. Beat the whites of eggs stiff. Quickly stir the dissolved soda into the batter, then add the whites of eggs, folding lightly, but thoroughly. Turn at once into the pan, and bake in a moderate oven for about 1 hr. After removing from the oven, let stand for a few moments, then turn carefully from the pan.

SOUR CREAM CAKE.

2 eggs	3 c. flour
2 c. granulated sugar	1 t. bicarbonate soda
1½ c. sour cream	1 t. flavoring.

Beat the eggs and sugar together until very light. Add to the soda 1 T. warm water. Stir for a moment. Then turn it into the cream, and stir until it begins to foam. Add it to the eggs and sugar. Sift in the flour. Add the flavoring. Beat well for a few moments. Bake in a moderately quick oven for 30 to 40 min.

With flour of very good quality, a little less will sometimes answer.

PLUM CAKE.

½ c. butter	1 c. raisins
1 c. brown sugar	½ c. currants
2 eggs	1 t. ground cinnamon
½ c. milk	½ t. grated nutmeg
1¾ c. flour	¼ t. ground cloves
2 t. baking powder.	

Cream the butter and sugar. Beat the eggs very thick without separating. Turn them into the butter and sugar, and beat well. Stir in the milk. Add the spices to the flour, and sift into the cake. Give a thorough beating. Have the raisins seeded and the currants washed and dried. Dust the fruit well with flour. Add it and the baking powder. Bake in a moderate oven 1 hr.

GOLD CAKE.

½ c. butter	½ c. milk
1 c. granulated sugar	1¾ c. flour
Yolks 6 eggs	1 t. flavoring
2 t. baking powder.	

Line a small loaf cake pan with two thicknesses of

paper throughout, then place an extra thickness on the bottom, as cake of this mixture readily bakes too brown.

Place the butter in a mixing bowl, beat until creamy, turn in the sugar, a small amount at a time, and beat constantly. Beat the yolks of eggs until lemon-colored, and very thick, turn them into the mixture, and beat all together briskly. Pour in the milk, sift in the flour gradually, add the flavoring, orange extract being the most suitable, and beat until very smooth, then sift in the baking powder, mix quickly, but thoroughly, and turn into the pan. The batter should not be much over one inch in depth. Bake in a moderate oven for 30 min., or until firm. Sift powdered sugar over before using.

MARBLE CAKE.

$\frac{3}{4}$ c. butter	3 c. flour
2 c. granulated sugar	1 t. vanilla extract
4 eggs	4 t. baking powder
1 c. milk	$\frac{1}{2}$ c. grated chocolate.

Cream the butter. Add the sugar gradually, and beat until light. Separate the eggs. Beat the yolks. Add them to the butter and sugar, and beat again. Stir in the milk. Sift in the flour. Beat well. Add the vanilla; then the whites beaten stiff, and the baking powder. Mix lightly. Divide the mixture into halves. To one half add the chocolate, which has been melted. Put the dark and the light mixture by alternate spoonful into a pan. Bake in a moderate oven from three-quarters of an hour to an hour. Ice with boiled chocolate icing (see recipe).

NUT CAKE.

$\frac{1}{2}$ c. butter	$1\frac{1}{2}$ c. flour
1 c. granulated sugar	Whites 3 eggs
$\frac{1}{2}$ c. cold water	$\frac{1}{2}$ t. flavoring
$\frac{1}{2}$ c. chopped pecans	3 t. baking powder.

Cream the butter, put in the sugar, a part at a time, beating constantly, add the water, flavoring, and flour, beat until smooth, then mix in the chopped nuts. Whisk the whites of eggs to a stiff froth, add them, and the baking powder, mixing lightly. Bake from 30 to 40 min. in a fairly brisk oven.

CARAMEL CAKE.

Make the batter by Cup Cake recipe, with a flavoring of $\frac{1}{2}$ t. caramel, and $\frac{1}{2}$ t. vanilla. Bake in three layers. When cold, put together with

CARAMEL-ICING.

1 c. granulated sugar	2 T. butter
1 c. light brown sugar	$\frac{1}{2}$ t. caramel
$\frac{1}{2}$ c. cream or rich milk	$\frac{1}{2}$ t. extract vanilla.

Boil the sugar, cream and butter without stirring until a small portion dropped into cold water may be formed into a soft ball. Remove from the fire. Add the caramel and vanilla. Then beat until it becomes milky looking and somewhat stiff. Use at once.

COCOANUT CAKE.

Make a white cake from Nut Cake recipe (omitting nuts), and bake in two layers, for about 20 min.

Prepare filling and icing by using

1 small cocoanut, grated	1 $\frac{1}{3}$ c. confectioners' sugar
Whites 3 eggs	1 t. extract vanilla
Juice $\frac{1}{2}$ lemon.	

Set aside the $\frac{1}{3}$ c. confectioners' sugar to use in dusting the cake.

Beat the whites of eggs very stiff, sift in gradually, the 1 c. confectioners' sugar, beating constantly, add the vanilla and lemon juice. Put icing over a layer of the cake, sprinkle thickly with cocoanut, and dust with sugar. Place above it the other layer, proceed as before, then cover the sides in the same way. Let stand covered with a pan or bowl in a cool place, for a day, before using.

CHOCOLATE RIBBON CAKE.

Use Cup Cake recipe: when mixed, remove one-third of the batter, and stir into it $\frac{3}{4}$ T. grated chocolate (unsweetened), melted over warm water. Bake this as one layer of cake. The remainder of the batter should be made into two layers. Bake in a moderately quick oven 20 min. In putting the cake together, place the chocolate layer in the centre. Ice with Boiled Chocolate Icing (see recipe).

CREAM CHOCOLATE CAKE.

This is made by the Cup Cake recipe, with the addition

of 1 c. grated bitter chocolate. Melt it over warm water, and add to the cake batter immediately after the sugar. Finish as usual, and bake in three or four layers, using Vanilla Boiled Icing as filling and icing.

FIG CAKE.

$\frac{1}{2}$ c. butter	$1\frac{1}{2}$ c. flour
$1\frac{1}{2}$ c. granulated sugar	$\frac{1}{2}$ c. cornstarch
$\frac{1}{2}$ c. milk	$2\frac{1}{2}$ t. Royal Baking Powder
Whites 6 eggs	1 t. lemon extract.

Cream the butter and sugar. Add the milk and flavoring. Mix the flour and cornstarch, and sift them into the cake; then give a thorough beating. Whisk the whites of the eggs to a stiff froth. Add them to the batter; also the baking powder, mixing lightly. Bake in two layers, for 20 min. Put together with fig filling, and ice the top and sides with Vanilla Boiled Icing. (See recipe.)

For the Fig Filling, chop $\frac{1}{2}$ lb. figs fine. Put them into a saucepan with $\frac{1}{4}$ c. sugar and $\frac{1}{2}$ c. water, and cook for a few moments until soft and smooth. Stir constantly, as they burn easily. Use when both filling and cakes are cold.

LADY BALTIMORE CAKE.

1 c. butter	Whites 6 eggs
2 c. granulated sugar	$3\frac{1}{2}$ c. flour
1 c. water	4 t. baking powder
1 t. extract vanilla.	

Work the butter to a cream, add the sugar gradually, beating constantly, pour in the water, sift in the flour, by degrees, beating until very smooth, mix in the flavoring, then fold in the baking powder, and the whites of eggs, which have been whisked to a stiff froth. Turn at once into three layer cake pans—preferably square—and bake in a brisk oven for about 20 min., or until firm. Remove, cool, put together with filling and icing made as follows: Chop $\frac{1}{2}$ c. raisins and $\frac{1}{2}$ c. pecan nut meats. Wash 3 figs, remove stem and blossom end, then cut the figs in pieces about $\frac{1}{8}$ in. square. Cook together 2 c. granulated sugar and $\frac{3}{4}$ c. water until they will spin a thread, pour, in a thin stream, over the well-beaten whites 2 large eggs, and continue beating until cold, then flavor with $\frac{3}{4}$ t. extract vanilla, and $\frac{1}{4}$ t. extract

lemon. Remove a scant half of the mixture, put it in the upper part of a double boiler, over luke-warm water, cover, and let stand—away from the fire—until needed. To the remaining half of the filling, stir in the chopped nuts, raisins and figs, and spread between the layers of cake. Ice the top and sides with the reserved plain portion.

MAPLE SUGAR CAKE.

Make a two-layer cake, using Nut Cake batter (omitting nuts), bake 20 min., and put together, when cold, with the following filling:

White 1 egg	$\frac{1}{2}$ c. (about) confectioners'
$\frac{3}{4}$ c. grated maple	sugar
sugar	$\frac{1}{2}$ c. chopped nut meats.

Beat the white of the egg stiff, add to it, by degrees, the maple sugar, beating constantly, then add, in like manner, enough confectioners' sugar to make of the consistency desired. Stir in the chopped nuts, preferably butternuts, pecans, or walnuts. The filling between the cakes should be in a thick layer. Any left over may be put on top of the cake, or else about the sides, dusting the top with powdered sugar.

WHITE MOUNTAIN CAKE.

$\frac{2}{3}$ c. butter	$1\frac{1}{2}$ c. flour
$1\frac{1}{2}$ c. granulated sugar	$\frac{1}{2}$ c. Kingsford's cornstarch
3 eggs	3 t. baking powder
$\frac{2}{3}$ c. milk	$1\frac{1}{2}$ t. rose water
Grated rind $\frac{1}{2}$ lemon	$\frac{1}{4}$ t. extract mace.

Beat the butter to a cream. Add the sugar gradually, and beat until very light. Separate the eggs. Beat the yolks well; then turn them into the butter and sugar and give a brisk beating. Now add the milk. Beat the whites of the eggs very stiff. Mix the flour and cornstarch. Sift a portion of this into the batter; then turn in a portion of the whites of the eggs, and so on, alternately, until all are used. Add the flavorings and baking powder. Beat thoroughly for a few moments. Bake in three layers for about 20 min. Put together with the following filling:

MARSHMALLOW FILLING.

Pour $\frac{1}{3}$ c. cold water over $\frac{1}{2}$ oz. gum arabic. Stand

on the back of the stove. Stir occasionally. When dissolved, add 1 c granulated sugar. Stir until the sugar is dissolved. Then let it boil without stirring until it will spin a thread. Remove at once from the fire and pour it slowly over the white of 1 egg which has been beaten very stiff. Beat constantly until the mixture is entirely cold. Flavor with 1 t. vanilla sugar. Use when the cake layers are cold.

Sift powdered sugar over the top of the cake.

ANGEL CAKE.

1 c. whites of eggs	$\frac{3}{4}$ c. flour
1 $\frac{1}{8}$ c. granulated sugar	1 t. cream of tartar
1 t. extract of vanilla.	

For this cake purchase the fine grained granulated sugar; or, if this is not to be obtained, sift the ordinary grade through a fine sieve. Add the cream of tartar to the flour and sift five times. Beat the whites of the eggs to a stiff froth. Stir in the sugar gradually and lightly. Add the vanilla, and then the flour in the same manner as the sugar. Turn at once into an ungreased pan. Bake 45 min. in a slow oven. Place the pan upside down until cold. If the cake does not then fall out, cut it out carefully with a thin-bladed, limber knife.

This is best baked in an angel-cake pan, or in some make which has a tube extending through the centre.

ORANGE CREAM FILLING^B

1 c. milk	Grated rind $\frac{1}{2}$ orange
2 T. cornstarch	2 T. orange juice
4 T. sugar	Yolks 3 eggs.

Turn the orange juice over the grated rind and let it stand until ready to use. Put the milk into a double boiler. When scalding hot, add to it the cornstarch, which has been mixed smooth in a little cold milk. Stir over the fire for 5 min. Then add the yolks of eggs and sugar beaten together, and stir again for two or three minutes. Remove from the fire. Turn the orange juice and rind into a piece of cheese cloth. Press hard to extract all the juice and the oil from the rind, rejecting the rind itself. Add the liquid to the custard mixture. Stir well. Use when both cake and filling are cold.

CREAM SPONGE CAKE.^A

1½ c. granulated	6 eggs
sugar	Grated rind and juice
1½ c. flour	of 1 lemon.

Mix the sugar with the lemon rind and juice. Separate the eggs, beat the yolks, add to them the sugar mixture, and beat until pale yellow and thick. Beat the whites of the eggs stiff, stir them lightly into the batter, sift in the flour, a small portion at a time, folding carefully. Bake in a square cornered pan, allowing from 30 to 45 min., in a moderate oven. Remove, cool, cut in two, and place between the layers orange cream filling. Over the top of the cake put Orange Water Icing, or, simply sprinkle with sifted powdered sugar.

MOCHA CAKES.

Bake sponge cake (see Cream Sponge Cake) in a sheet ½ in. thick. When cold, cut into squares 2 in. in size. Place together in pairs, having icing between and over the top and sides. Scatter shredded almonds over, and sprinkle with confectioners' sugar.

MOCHA ICING.

6 T. butter	Yolks 3 eggs
1 c. confectioners' sugar	1 T. black coffee.

For this it is best to use unsalted butter, or, if salt has been added, wash it out; then beat the butter to a cream. Sift in the sugar gradually, beating constantly. Add the yolks of the eggs, one at a time, and beat briskly. Stir in the black coffee, mix well, and use. This is sufficient for 8 cakes.

To obtain the tablespoonful of black coffee, pour 4 T. boiling water over 6 T. finely ground coffee. Let stand 3 min. Strain, with pressure, through cheese cloth, and use.

WALNUT TARTS.

Bake Sponge Cake (see recipe) in a sheet ½ in. thick. When cold, stamp out with a round 2-in. cutter. Put two of these together with icing between and over top and sides. Garnish the top of each with the half of a Grenoble walnut.

Use Fondant Icing (see recipe).

If desired, the trimmings from cutting may be crum-

bled, moistened with icing, mixed with some finely chopped nuts, and used as a filling instead of the plain icing.

CRULLERS (Plain).

Yolks 2 eggs	$\frac{1}{2}$ t. grated nutmeg
$\frac{1}{4}$ c. granulated sugar	$\frac{3}{8}$ t. bicarbonate of soda
$\frac{1}{2}$ c. thick sour cream	Flour to make a soft dough
$\frac{3}{4}$ t. extract vanilla	$\frac{1}{4}$ t. salt.

Beat the yolks of eggs and sugar together until thick. Dissolve the baking soda in 1 T. luke-warm water. Stir it into the cream. Then turn this into eggs and sugar, and beat for a moment. Add the nutmeg, flavoring and salt. Stir in the flour. Roll out a little less than $\frac{1}{2}$ in. thick. Cut into rings. Fry in deep fat, drain and dust with pulverized sugar as soon as done.

CRULLERS (Orange).

Grate the outer rind from half of an orange having a deep-yellow skin. Make the crullers by the recipe for Plain Crullers, omitting the vanilla and nutmeg, and using, instead, the grated orange rind. When the cakes are fried, spread over them an icing made from confectioners' sugar, moistened with orange juice until of a consistency to spread. A trifle of grated rind may be added, if desired.

SAND HEARTS.

$\frac{1}{2}$ c. butter	Yolk 1 egg
1 c. granulated sugar	1 whole egg
1 t. flavoring	Flour to make a dough.

Cream the butter and add to it the sugar gradually. Beat the yolk of egg and the whole egg together until light. Turn this into the butter and sugar and beat again. Add the flavoring. Sift in enough flour to make a medium stiff dough. Roll thin. Cut with a heart-shaped cutter. Sprinkle the top with cinnamon and granulated sugar in the proportion of $\frac{1}{4}$ t. cinnamon to 2 t. sugar. Bake in a quick oven.

The half of a Grenoble walnut placed before baking upon the top of each is an improvement.

COLLEGE DELIGHTS.

$\frac{1}{4}$ c. corn syrup (Karo)	1 T. butter
1 c. light brown sugar	$\frac{1}{4}$ t. extract vanilla
$\frac{1}{4}$ c. cream	Crisp oblong oyster crackers.

Cook together the corn syrup, sugar, butter and cream until a bit dropped into cold water may be rolled in a soft ball. Remove from the heat, beat until thick, add the vanilla, then set over warm water and stir frequently until soft enough for dipping purposes. Drop into it, one at a time, the crisp crackers, coat entirely with the icing, and turn out on a greased pan to cool. Serve with tea, lemonade, coffee or plain ice cream.

This icing may readily be made in a chafing dish.

PEANUT WAFERS.

$\frac{1}{3}$ c. butter	$\frac{1}{4}$ c. milk
6 T. granulated sugar	$1\frac{1}{8}$ c. flour
1 egg	$\frac{1}{4}$ c. roasted peanuts
$1\frac{1}{2}$ t. Royal Baking Powder	$\frac{1}{2}$ t. flavoring.

Chop the peanuts moderately fine. Work the butter to a cream, add the sugar gradually, beating constantly; drop in the egg, beat all together briskly, pour in the milk, sift in the flour by degrees, add the baking powder and flavoring and beat until smooth. Drop out by teaspoonsful, on greased pans. Scatter the peanuts over the top. Bake in a fairly brisk oven for 6 to 8 min.

VANILLA WAFERS.

$\frac{2}{3}$ c. butter	$1\frac{1}{2}$ c. flour
$\frac{7}{8}$ c. confectioners' sugar	2 eggs
$1\frac{1}{2}$ t. extract of vanilla.	

Cream the butter. Sift in the sugar gradually, beating constantly. Beat the eggs without separating, until thick. Add them and the vanilla to the butter and sugar; then sift in the flour, and beat thoroughly. Put the mixture into a pastry bag with a plain tube, and press it out on baking sheets in rings $1\frac{1}{2}$ in. in diameter. Leave a space of at least an inch between the cakes. Bake in a quick oven until they are a fawn color around the edge.

If no pastry bag is at hand they may be dropped from a teaspoon or spread flat with a knife, but do not make so good an appearance.

CREAM PUFFS.

$\frac{1}{2}$ c. boiling water	2 eggs
2 T. butter	$\frac{1}{2}$ c. flour.

Put the water and butter into a saucepan, and bring quickly to boiling point; then add the flour all at once and stir rapidly until the mixture is entirely free from lumps, and leaves the bottom and sides of the pan. Stand it away until cool. Then beat in the eggs, one at a time. When the last one has been added beat briskly for 5 min. Drop by tablespoonsful on a baking sheet, leaving a space of 2 in. between them. Bake in a moderately quick oven for about 20 min., or until they feel perfectly light when lifted from the pan. They should be carefully watched, as they burn easily. When cold, make an incision at one side of the puff, near the top and fill with the following:

CREAM PUFF FILLING.

1 c. milk	5 T. sugar
2 T. cornstarch	1½ T. butter
Yolks 2 eggs	¾ t. flavoring.

Put the milk into a double boiler. When it comes to scalding point, add the cornstarch, which has been mixed smooth with a little cold milk. Stir for 5 min.; then add the yolks of eggs and sugar, which have been beaten together until light. Stir again for 3 min. Remove from the fire. Add the butter and flavoring, mixing thoroughly. Use when cold.

Whipped cream, sweetened and flavored, is sometimes substituted for the filling.

BRANDY SNAPS.

½ c. butter	1 c. flour
½ c. gran. sugar	1 t. ground cinnamon
½ c. molasses	½ t. grated nutmeg
¼ t. ground cloves.	

Put the butter, sugar, and molasses on the stove, and stir until it comes to a boil. Let it boil 1 min.

Remove from the fire, and stand away until cold. Then sift in the flour and spices which have been mixed together. Stir well. Turn the dough out on a pie-plate so that it may be about an inch in thickness, and place in the refrigerator until the next day. Roll thin. Cut with a round cutter 3 in. in diameter. Bake on ungreased pans in a moderately quick oven. When done, roll at once around a smooth stick about 1¼ in. in diameter. Slip off when cool. Keep in an air tight box.

When correctly made, these cakes show bubbles, or thin places, throughout. They call for care, especially in baking.

CHOCOLATE ECLAIRS.

These are made from Cream Puff batter, and pressed through a pastry bag into strips 4 or 5 in. in length, and nearly 1 in. in width. They may be drawn out into this shape with a spoon, but it is much less convenient.

Bake and fill the same as Cream Puffs. The tops may be iced with confectioners' sweet chocolate, such as is used for chocolate dipping, or with Chocolate Fondant Icing, or Chocolate Boiled Icing.

MACAROONS (Almond).

$\frac{1}{2}$ lb. almond paste	$\frac{1}{2}$ t. vanilla extract
6 oz. confectioners' sugar	Trifle ground cinnamon
Whites 3 eggs	Trifle salt.

Chop the almond paste fine. Add to it the white of 1 egg, and work until entirely free from lumps. Then add the next white, mixing again until smooth, and add the third in the same manner. Sift in the sugar gradually. Add the salt and flavoring, mixing thoroughly. Press the batter out with a pastry bag, or drop by teaspoonsful on white paper, which has been placed upon baking sheets. Allow an inch of space between the cakes. Bake 20 min. in a moderate oven. Remove, moisten the under side of the paper, let stand a moment, then lift off the cakes.

The tops of the cakes before baking may be garnished with nuts or candied fruit in a variety of ways.

MACAROONS (Cocoanut).

Whites 5 eggs	$1\frac{1}{2}$ c. grated cocoanut
1 c. sifted granulated sugar	$\frac{1}{2}$ t. extract of vanilla or lemon

Some extra grated cocoanut.

Before preparing the mixture, have baking sheets, or pans, at hand, the bottom covered with waxed paper.

Beat the whites of the eggs very stiff. Sift in the sugar, a little at a time, folding lightly, then mix in the cocoanut in the same manner, also the flavoring. Drop by

teaspoonsful on the paper, leaving a space between them. Sprinkle some of the extra cocoanut on top, and bake in a slow oven 20 min., or until they are fairly firm to the touch. Lift the paper, turn it over gently, and moisten with cold water, applying lightly by means of a pastry brush or sponge. In a few moments, the macaroons may be loosened.

KISSES.

Whites 6 eggs

 $1\frac{3}{4}$ c. granulated sugarJuice $\frac{1}{2}$ lemon $\frac{1}{2}$ t. vanilla extract.

Use fine-grained sugar, or, if this is not at hand, sift the ordinary kind, and measure with care, after sifting.

Beat the whites of the eggs very stiff. Sift in the sugar gradually, mixing lightly and carefully. Add the lemon juice and vanilla.

Cover baking boards with white paper. Place the batter in a pastry bag and press it out upon the paper in the shape of small pyramids. Dust with pulverized sugar. Allow them to stand a few moments until the sugar is absorbed; then place in a moderate oven until a light fawn color. After this open the oven door and let them dry out for 2 hrs. Remove from the paper, and put two together, with the flat, or under side, touching. Usually these will be soft enough to adhere. If they become too dry, however, apply a small quantity of white of egg. Should there be any difficulty in removing them from the paper, turn it over and place lightly upon it a dampened towel. In a few moments they will slip off readily. It is best to keep them in an air-tight box.

These may be varied by scattering over the top before baking ground cinnamon, chopped almonds or pistachios, grated cocoanut or pink sugar.

ICINGS FOR CAKES.

BOILED ICING (VANILLA).

2 c. granulated sugar

Whites 2 eggs

 $\frac{1}{2}$ c. cold water

1 t. vanilla extract.

Put the sugar and water into a saucepan, and stir over the fire until the sugar is dissolved. Then boil without stirring until it will spin a thread when a small portion is

dropped from a spoon. Take at once from the fire and pour in a thin stream over the whites of the eggs, which have been beaten very light. Beat continuously until cold and thick. Stir in the vanilla, and use at once. Extract of lemon, almond, banana, or other desired flavor may be substituted for vanilla.

BOILED ICING (CHOCOLATE).

Use the same quantities as in Vanilla Boiled Icing, with the addition of $\frac{3}{4}$ c. grated chocolate (unsweetened) sprinkled over the whites of the eggs after they are beaten stiff. Make by same method as Vanilla Boiled Icing.

FONDANT ICING.

2 c. granulated sugar	$\frac{1}{2}$ t. flavoring extract
$\frac{1}{2}$ c. cold water	Trifle of cream of tartar.

Add the cream of tartar to the sugar and water and cook as stated in Vanilla Boiled Icing. As soon as it spins a thread pour it at once upon a lightly greased platter. Let it stand for a moment until a thin skin forms over the top; then rub briskly with the back of a spoon until it becomes white and thick. Turn immediately into a double boiler and stir constantly over luke-warm water until thin enough to spread. Add the flavoring, and use at once. (Should the fondant be so stiff that heat does not soften it sufficiently, add luke-warm water, cautiously, a drop or two at a time.)

This icing may be kept for several weeks if after being stirred upon the platter until thick and white it is turned into a bowl and covered with a dampened cloth. This should remain upon the top and be moistened slightly every few days.

PLAIN ICING.

Whites 2 eggs	1 t. lemon juice
$1\frac{1}{4}$ c. confectioners' sugar	$\frac{1}{2}$ t. extract vanilla.

Beat the whites of the eggs very stiff. Sift in the sugar gradually, beating constantly. Add the vanilla and lemon juice. Mix thoroughly, and use.

ROSE ICING.

The amount of eggs and sugar given in Plain Icing. Make in the same way. Flavor with a few drops of rose water and color pink with a small quantity of cochineal, raspberry juice, or pink vegetable coloring.

TUTTI-FRUTTI FILLING.

Take one-half quantity of vanilla Boiled Icing. When ready for use add $\frac{1}{4}$ c. each of red candied cherries, candied pineapple, candied green gages, and candied apricots. The fruit should all be cut into small pieces.

WATER ICING. (PLAIN.)

$2\frac{1}{2}$ c. confectioner's sugar	1 t. lemon juice
Boiling water	$\frac{1}{2}$ t. extract vanilla.

Roll and sift the sugar, if necessary. It should be quite free from lumps. Mix with it the lemon juice and vanilla, then stir in boiling water, a teaspoonful at a time, until of consistency for spreading. Use at once.

WATER ICING. (ORANGE.)

Grated rind 1 small orange	$2\frac{1}{2}$ c. confectioners' sugar
Juice 1 small orange	2 T. hot water

Soak the grated rind of the orange in the juice for $\frac{1}{2}$ hr. Then strain through a piece of cheese-cloth, pressing hard to extract all the juice. Reject the rind. Mix the sugar and hot water, and add enough of the orange-juice to make a mixture that will spread easily. It should be used immediately.

PASTRY AND PIES.

The olden-time pasties or pies contained a filling of meat, often chopped or powdered. Mince pie, formerly used only at Christmas, had its origin in religious belief. It was, at an early era, in England shaped oblong, somewhat like a manger. The meat used in it, invariably mutton, referred to the shepherds "Keeping watch over their flocks by night," while the contents of Oriental fruits and spices commemorated the gifts of the wise men. Our Puritan forefathers exclaimed against these "idolatrous Christmas pies." By the fourteenth century, meat pies had evidently come into common use, as they were carried for sale by pie-men about the streets of London. Pies containing fruit, apples in particular, and other sweet fillings,—the present-day "tarts" of England—were known and liked by the time of Queen Elizabeth. A custard pie was formerly a

crustard—that is, baked in a crust. Shakespeare shows us that this crust was sometimes called the custard coffin.

INGREDIENTS FOR PIE DOUGH.

Spring wheat flour, by reason of its large gluten content, makes a tough pie-crust. One's best choice is pastry flour, a fine grade made from winter wheat. For good results, the flour should be set in the refrigerator, or other quite cool place, for a half-hour or longer, before being used in the making of pastry.

The various shortenings have each some merits and demerits. Butter gives the finest flavor to the crust, but is expensive, and scorches readily. "Cooking butter," which develops most unpleasant flavors when subjected to intense heat, should never be used in pastry. Lard, although it discolors less quickly than butter, makes a crust lacking in flavor. Not only does lard cost less per pound than butter, but it may be used in smaller quantity. About 4 T. of lard will shorten a crust as fully as 6 T. of butter. Compound lard, a mixture of cottonseed oil and beef suet, sells in bulk, and has practically the same composition as certain factory-prepared fats put up in tin cans. Compound lard retails at an appreciably lower price, as the manufacturers do not have either the expense of advertising it, or of providing receptacles for it. In shortening qualities it is about equal to lard. If one wishes a plain, but delicate crust, rich, sweet cream answers well both as shortening and liquid. The fat, of whatever variety, needs to be well-chilled. Also, the water used in mixing should be very cold, preferably ice-water. In addition for satisfactory results, the room where one works, and all utensils, should be cool.

CHOICE OF UTENSILS.

A china rolling pin answers better than one of wood. If the latter is the only kind available, it should, at least, have a movable handle. The rolling pin of glass, hollow, to be filled with shaved ice or ice water is likely to drip.

The "marble slab" often recommended for pastry making, is not a necessity, and may prove quite unsatisfactory. The pastry board should be, however, of hard wood, so that its surface is smooth. There is on the market a special kind of fabric for covering both rolling pin and board. This

prevents the sticking of the paste, and is a worth-while investment for households where much pastry is made. Perforated tin pie-pans prove, in general, the best kind to use, as they allow the under crust to become well baked.

PLAIN PASTE (WITH LARD.)

2 c. winter wheat flour	$\frac{1}{2}$ t. salt
From $\frac{1}{2}$ to $\frac{2}{3}$ c. lard	About $\frac{1}{3}$ c. cold water.

Sift the flour and salt into a bowl. Select a good quality of lard. Rub it into the flour with the tips of the fingers, or chop it in with a knife until very fine. Stir in the cold water, a small portion at a time, and keep the dough quite stiff. Less or more water may be needed, according to the quality of the flour, and the amount of lard used. Turn the paste out on a floured board. Knead very lightly, for a moment. Divide into quarters. This amount will make four single crusts of ordinary size. Roll each out separately, making slightly larger than the pie plate. Put them on the plates rather loosely. If stretched they will shrink in baking. An upper crust should be made slightly larger than a lower one.

PLAIN PASTE (WITH BUTTER AND LARD.)

2 c. winter wheat flour	$\frac{1}{3}$ c. lard
$\frac{1}{3}$ c. butter	$\frac{1}{2}$ t. salt
About $\frac{1}{3}$ c. cold water.	

Put the butter aside in a cool place. Then proceed exactly as for Plain Paste. When the dough is mixed, roll it all out into a thin sheet, about $\frac{1}{4}$ in. thick. Cut the butter into small bits. Place them over the top. Roll up the paste, making a long, narrow roll. Then use the rolling pin, and pat or roll it out into a square piece. Repeat. Place it in the refrigerator for an hour before using.

PUFF PASTE.

2 c. fine pastry flour	$\frac{1}{2}$ t. salt
1 c. butter	1 t. sugar
About $\frac{1}{2}$ c. ice water.	

Pour into a large bowl, ice water to about half-fill. Drop in a good sized piece of ice, then put in the butter. Wash the hands in hot water, cool them in cold water; then, holding them under the ice water in the bowl, work the

butter until soft and elastic. When done, break off about 3 T., and form it into a ball, letting it remain in the water. Pat the rest of the butter into a cake about a half-inch thick. Place both pieces on ice until required. Sift the flour, sugar and salt into a large dish, drop in the centre the small portion of butter, and work all together (using only the thumb and two fingers) to form a stiff paste, adding ice water, by degrees. When done, toss out on a board, sprinkled very lightly with flour, and knead like bread, for 5 min. Cut the paste in two parts, roll each out into a sheet about one-fourth in. thick, and as nearly of a size as possible. Break the large piece of butter into bits, lay these over one sheet, place the other on top, pat down lightly, until smooth, with the rolling pin, then roll from you, in short, rapid strokes, until a long, narrow sheet is formed. Be especially careful that the paste does not stick to the board. Now, using a spatula, fold in the sides, for about an inch in breadth; then bring in the ends of the paste to about the centre, making three folds from the entire length. Turn the paste about, at right angles, roll out, and fold in three as before, then place on a dish, and set directly on ice for 15 min. Repeat the process, rolling and folding twice, chill; and so continue until it has been given eight rollings. Seven, however, will answer, when one has learned to manage the paste well. It is best to let the paste stand on ice for a day, before using. If wrapped in a dry towel and kept in a cool place, it will remain good for a week or more.

Puff paste can not be made successfully, save in a very cool room. It is absolutely necessary that the person rolling it have a light but firm touch. The paste must not be allowed to cling to the board, and it must not be stretched. A receipt can scarcely give directions explicit enough for the making of puff-paste. One should see it done by an expert.

TO BAKE PUFF PASTE.

The baking is an important part. Have the paste icy cold when put into the oven, which should be very hot, about 450° F.

It is well for a novice to attempt only small forms, such as patties, in puff paste. (See recipe for Patty Shells.)

APPLE PIE.

4 large tart apples

6 T. sugar

2 T. butter.

Quarter core, and pare the apples. Line a pie-dish with plain paste. Fill with the apples. Sprinkle the sugar over them. Add the butter, cut into small pieces, and, if liked, a slight sprinkling of cinnamon or grating of nutmeg. Roll the top crust somewhat larger than the pieplate. Cut a gash in the centre. Slightly moisten the inner edge of the lower crust. Put on the upper crust, lightly press the edges together and trim. Bake 30 to 40 min. Have the oven quite hot for 15 min. then lower the temperature.

BLACKBERRY PIE.

Rinse thoroughly and drain 3 c. blackberries. Line a large pie pan with plain paste. Mix the blackberries, $\frac{3}{4}$ c. granulated sugar, $\frac{1}{2}$ c. flour, and a little grated nutmeg. Fill the paste, fit on the upper crust, gashing the top, and bake about 30 min. in a fairly brisk oven.

CHERRY PIE.

Rinse cherries, pit, and measure. To 3 c.—preferably morello cherries—add 1 c. granulated sugar and $\frac{3}{8}$ c. flour. If one does not object to seeing some cherry stones in the pie, about 2 doz. of these, scattered over the fruit, will improve the flavor. Fill a crust, put on the top, and bake about a half hour.

HUCKLEBERRY PIE.

Make like Blackberry Pie. As a rule, slightly less sugar will answer.

RAISIN PIE.

Rinse $1\frac{1}{2}$ c. raisins, remove stems and seeds, then slowly cook the raisins, with 3 c. boiling water. When the fruit is tender, measure the liquid, and if not $1\frac{1}{2}$ c., add boiling water. Return to the saucepan, and thicken with 3 T. flour, well mixed with $\frac{1}{2}$ c. granulated sugar. Grate in a small amount of nutmeg. Turn out to cool, and use, when cold, as a filling for a double crust pie.

GRAPE TART.

Mix together $\frac{1}{2}$ c. granulated sugar and 3 T. flour,

stir this into $1\frac{1}{2}$ c. cooked pulp of grapes—Concords answer well—pressed through a sieve. Line a pie plate with plain paste, turn in the prepared mixture, cover the top with criss-cross strips of paste, bake until the crust is firm, and serve cold.

PEACH TART.

Cut into halves and pare, 6 or 8 mellow peaches, preferably yellow ones. Line a pie dish with paste, and cover it with a single layer of peaches, set cut side down, and close together. Mix 6 T. granulated sugar, 2 T. flour and $\frac{1}{4}$ t. grated nutmeg; sprinkle over the peaches. Cut 2 T. butter into bits, and drop over the top. Bake from 20 to 30 min., or until the fruit is tender.

APPLE FLOURENDINE.

Cover a fairly large pie dish with plain paste. Make a filling by beating 2 eggs somewhat, add gradually $\frac{3}{4}$ c. brown sugar, beat until fairly thick, then pour in $\frac{1}{2}$ c. milk and 1 c. apple sauce. Mix 1 t. ground cinnamon, $\frac{1}{2}$ t. grated nutmeg, and $\frac{1}{4}$ t. ground cloves, stir them to a paste with a trifle of the filling, then mix everything together, and turn into the crust. Bake in a moderate oven until firm.

CHEESE CAKE.

Line a pie dish of medium size with plain paste. Rub 1 c. cottage cheese (schmier-kase) quite smooth, add to it 1 egg, beaten, 3 T. granulated sugar, and $\frac{1}{4}$ c. milk. Pour this filling into the crust, grate a small amount of nutmeg over the top, and bake until set.

PUMPKIN (OR SQUASH) PIE.

1 c. cooked pumpkin pulp	2 eggs
1 c. milk	$\frac{1}{2}$ t. ground ginger
$\frac{1}{2}$ c. sugar	$\frac{1}{4}$ t. ground cinnamon
Trifle grated nutmeg.	

Line a deep pie pan with plain paste rolled somewhat thicker than usual. The pulp of the pumpkin should be fairly dry. (If a delicate flavor of pumpkin is desired, when preparing, let it stew until barely tender, but for a decided flavor, allow it to cook slowly for several hours.)

Mix the spices and sugar. Beat the eggs without

separating, add to them all the other ingredients, and pour into the prepared paste. Bake in a moderately quick oven until the custard is firm.

SWEET POTATO CUSTARD.

Make filling for a single crust pie of medium size as follows:—Beat 1 egg, add 2 T. melted butter, 1 c. boiled sweet potatoes, mashed fine, $\frac{1}{2}$ t. grated nutmeg, trifle salt, $\frac{1}{4}$ c. granulated sugar and $\frac{3}{4}$ c. milk. Turn into the prepared paste, and bake in a moderate oven about 30 min., or until firm in the centre.

CORNSTARCH MERINGUE PIE.

Cover a small pie pan with a single crust, and bake. Scald 1 c. milk. Mix well together 2 T. cornstarch and $\frac{1}{4}$ c. granulated sugar, add to the milk and stir constantly until boiling and quite thick. Beat the yolk of 1 egg, add it and 1 T. butter, stir over the heat for 2 min., remove, mix in $\frac{1}{2}$ t. flavoring, and turn out to cool. Put crust and filling together when both are cold. Cover with the meringue, sift fine-grained granulated sugar over it, and set on the upper rack of a moderately quick oven for a few moments until a delicate brown. Cool before serving. but use the day it is made.

Meringue:—Beat the whites of 2 eggs stiff, fold in, by degrees, 6 T. fine-grained granulated sugar, add $1\frac{1}{2}$ t. lemon juice, and $\frac{1}{2}$ t. extract of vanilla.

COCOANUT MERINGUE PIE.

Make like Cornstarch Meringue Pie, omitting the butter from the filling, and stirring in just before turning out to cool, from $\frac{1}{4}$ to $\frac{1}{2}$ c. (as liked) of fresh grated cocoanut. After spreading with the meringue, scatter over it grated cocoanut, and sprinkle sugar on top, then brown lightly.

LEMON MERINGUE PIE.

1 c. granulated sugar	Yolk 1 egg
Grated rind 1 lemon	2 T. butter
Juice 1 lemon	3 T. cornstarch
1 c. boiling water.	

Mix the sugar and cornstarch thoroughly, pour on them the boiling water, stir constantly over the fire until it boils, thickens, and clears. Add the butter and the beaten

yolk of egg, stir for a moment or two, remove from the fire, and mix in the lemon juice and rind. Stand the filling away to cool. Bake a small, open crust, cool, then put in the cold filling. Cover with meringue, and finish like Cornstarch Meringue Pie.

BANANA PATTIES.

Line small patty pans with plain paste, piercing the bottom in several places with a fork to prevent blistering. Bake, turn out of the pans and cool. For 6 patties slice 1 banana, sprinkle with 1 T. sugar, and a little grated nutmeg, mix and put a part in each crust. Make 2 c. Orange Nesnah, pour over the fruit, filling the crusts to the top. Keep in a moderately warm room for 10 min., then set (being careful not to jar while moving) in a cool place for about 20 min. before serving.

PATTY SHELLS.

Roll out puff-paste (see receipe) $\frac{1}{8}$ in. thick. Stamp into circles, then cut the centre from each, and allow three of the rings thus formed for each patty; chill. Lay the scraps together in layers—do not crush into a shapeless mass—and chill for 15 min. Then roll these out in a thin sheet, and cut into circles, allowing one to every three rings. Brush each circle, near its outer edge, and also each ring, with slightly beaten white of egg, being very careful not to let the egg extend over the edge. Then, on each circle set three rings. Chill for $\frac{1}{2}$ hr., place in a pan lined with white paper and bake to a quite pale brown. Should they not rise evenly they may be turned about occasionally, if extreme care is taken not to jolt them. The baking usually requires about 20 min. time. The tiny circles stamped from the centres may be baked separately, if one likes, for use as a garnish on the top of the patties after they are filled.

When rolling and cutting puff-paste, do not touch it with the hands oftener than must be. Use, instead, a spatula or broad-bladed knife.

Patties may be filled, after baking, with creamed chicken, oysters, sweetbreads or various other preparations.

CONFECTIONERY: CANDY.

Confectionery, which originally meant something "made up," did not form the basis of an industry of moment until after the beginning of the nineteenth century. In earlier times, sugar was not the common commodity that it is now. Even so late as the end of the thirteenth century, when markets in general offered it for sale, the price varied from about thirty-five cents to seventy-five cents the pound. Honey was the sweetening principle in general use; and, in primitive times, Greek and Roman physicians were accustomed to rub it over the edge of a cup holding any bitter draught. Later, unpleasant medicines, with honey to obscure the flavor, were made up in lozenge form. Thus, apothecaries and physicians became the first candy-makers.

Of confections intended merely to please the palate, fruit conserves seem to have been the earliest, although, even during the middle ages, it was customary, in Italy, to use confetti in the mock battles of the carnival season. The main stock in trade of confectioners, prior to 1845, confined itself usually, to such simple kinds as stick candy, sugar plums and molasses candy. Somewhat later, an exhibition of confectionery, held in England, aroused the interest of Germany and France, and the latter country soon became supreme in the quality of its chocolate bonbons. This excellence has been maintained to the present, with the United States, perhaps, as the main rival. Commercial varieties of candy greatly increased after the introduction of machinery for grinding, rolling and cutting, and of revolving pans, steam cookers, and refrigeration methods. Now, the making of confectioner's machinery has become a separate industry, and there is a distinct and important business in confectioner's supplies, while the annual candy output, in our country alone, is valued at many millions of dollars.

Readings:—Bulletin No. 13 (part 6), U. S. Dept. of Agr., Chem. Div.

Home-Made Candy.

In the making of candy at home, one can produce most varieties for from one-third to one-half the commercial price. There are some few kinds impossible to make without machinery especially adapted to the purpose.

One should learn to recognize the different grades of sugar, their several uses, and the changes which occur in them during the process of cooking, or when admixed with other articles. The professional confectioner considers that there are eleven, or more, stages in sugar boiling, and is, in many instances, able to decide merely by the sound or the appearance when the sugar has reached the desired temperature. A thermometer for sugar boiling is a convenience, if not a necessity, for the home candy-maker. The most commonly needed tests in the cookery of sugar are (a), the "large thread," 217° to 220° F., at which stage, a drop of the syrup, placed between thumb and finger will not break when the fingers are opened as far as possible; (b), the "soft ball" 238° to 242° F., which may be produced by dropping a bit of the syrup, correctly cooked, into ice water, and then rolling between thumb and finger; (c), the "hard ball," about 248° F., obtainable by testing in the same way as for the soft ball; (d), the "crack," 290° to 310° F., at which stage, there is formed, from syrup dropped into icy water, a clear, brittle candy that may be snapped off without stretching; (e), the "caramel," about 350° F., when the syrup turns a straw color.

Harmless vegetable colorings for candy are put up by several reliable manufacturers of flavoring materials. A number of natural colorings may be easily obtained at home. For example, yellow from the grating of deep-tinted orange rind, lavender, from preserved elderberries or blueberries, pink (of crushed raspberry tone—not bright) from preserved red raspberries. Various shades of brown or tan are produced by the use of caramel, black coffee, or melted chocolate.

Flavoring needs to be in concentrated form. A weak flavor, which must be used in large quantity, may, by the addition of considerable liquid, spoil the candy. It must always be borne in mind that sugar absorbs water or other liquid very readily. Chocolate may be improved in flavor by the addition of a trifle of vanilla or cinnamon. Almond paste, also, is the better for a little vanilla, or, at times a trifle of extract of bitter almond. Coffee extract, made fresh (like that for Mocha Cakes) is preferable to manufactured coffee essence.

The grade of sugar termed XXXX confectioners, is useful in certain instances for dusting a board or for kneading fondant. It may be combined with white of egg or cream as a basis for cream walnuts, and other cream bonbons. Such candy does not have the smooth texture nor the fine flavor of a boiled fondant, nor does it remain moist for long. There is nothing to recommend it save the ease with which it may be made.

Standard A sugar grains somewhat less readily, upon cooking, than does granulated, hence proves a little more easily managed for fondant and certain clear candies. It is, however, not so highly refined as granulated sugar, and possesses less delicacy of flavor.

From beet sugar, it would seem impossible to produce fine candy. In some sections of our country, there is, at times, no sugar obtainable in bulk save that manufactured from beets. Under such circumstances, if one desires to make candy of good quality, it is wise to buy the well-refined cane sugar which come in blocks, put up in packages, for use in beverages. This makes especially pleasing fondant.

Cream of tartar, when added to sugar syrup, reduces danger of granulation. Glycerine, from its affinity for moisture, has the effect of keeping candy soft.

Candy should not be put into the refrigerator for cooling. Set in some other cool place, preferably where a draft of air can blow over it, if there is no dust to be feared. Most varieties of candy—taffy and all clear kinds, in particular—keep better in boxes of tin rather than pasteboard.

AMBROSIA JELLY BLOCKS.

$\frac{3}{4}$ c. granulated sugar	Grated rind $\frac{1}{8}$ orange
$\frac{1}{2}$ c. orange juice	6 T. desiccated cocoanut
2 T. lemon juice	$\frac{1}{2}$ T. granulated gelatine.

Soak the gelatine in 2 T. cold water for $\frac{1}{2}$ hr., then stand it over hot water to melt. Remove from the heat, add all the other materials, and stir until the sugar is dissolved. Turn into a small, square-cornered pan, or a tin candy box. (The size should be such that the mixture is about a half inch in depth.) Put in a cool place, and stir occasionally until stiff enough to hold the cocoanut mixed throughout the jelly. Then let chill for 2 hrs., or longer, turn out—first dipping the pan in luke-warm water—cut in

blocks, and roll each in confectioners' sugar. Keep cool until ready to use.

CELESTIAL BONBONS.

$\frac{1}{2}$ c. granulated sugar	2 T. chopped preserved
$\frac{1}{4}$ c. orange juice	ginger
4 T. chopped blanched	2 t. preserved ginger juice
almonds	$1\frac{1}{2}$ t. granulated gelatine.

Pour 2 T. cold water over the gelatine, and soak for $\frac{1}{2}$ hr., then place over hot water until melted. Remove from the fire, and mix together all the ingredients, stirring until the sugar dissolves. Pour into a small pan, having square corners, and set away to cool. Stir at times, until the solid particles remain mixed throughout, then let stand, undisturbed, in a cold place, for 2 hrs. Warm the pan slightly, turn out the candy, cut in cubes, coat with confectioners' sugar, and keep cool.

MOCHA DELIGHTS.

1 c. granulated sugar	6 T. Sultana raisins
$\frac{1}{2}$ c. strong clear coffee	1 T. granulated gelatine
$\frac{1}{2}$ c. cream	$\frac{1}{2}$ t. vanilla extract.

Pour over the gelatine 4 T. cold water, and soak for 30 min. Stem and wash the Sultanas, cover with boiling water, and let stand on the back of the range to soften—not cook—while the gelatine is soaking. Add the sugar to the gelatine, place over hot water, and stir until melted. Remove; drain the raisins thoroughly, stir together all the materials, and turn into a small square pan, having the candy a scant inch in depth. Set in a cool place, stirring occasionally until sufficiently set that the fruit remains distributed throughout. Then chill for at least 2 hrs., warm the pan a trifle, turn out the mixture, and (using a very sharp knife, in order not to drag the raisins), cut into oblong strips, about $\frac{1}{2}$ in. by 1 in. Toss in confectioners' sugar, and if not ready to use at once, store in a cool place.

CHOCOLATE CRACKLE.

1 c. granulated sugar	$1\frac{1}{2}$ T. butter
1 oz. (1 square) bitter chocolate	$\frac{1}{4}$ t. ground cinnamon.

Break the chocolate in pieces, and place it above moderately warm water to melt. Heat an iron skillet, turn in

the sugar (dry), place the skillet where the heat is only medium, stir the sugar occasionally until it melts, then mix in the other ingredients (being careful that no water drips in from the receptacle holding the chocolate), and turn out on a fairly large tin pan—which need not be greased—so that the candy may form a thin sheet. When cold, break in pieces. This is a quite wholesome candy for children. The main feature requiring care in its preparation is the browning of the sugar. It must not be so dark as to give a scorched flavor.

MAPLE CREAM CARAMELS.

1 c. maple sugar	2 T. butter
$\frac{1}{4}$ c. cream or milk	$\frac{1}{4}$ c. chopped pecans
$\frac{1}{4}$ t. vanilla extract.	

Boil the sugar and cream to the soft ball stage; add the butter and cook again until a soft ball may be formed. Remove from the fire, beat until slightly cooled, add the nuts and vanilla, and continue beating until stiff enough to retain its shape. Pack in a greased pan, cool, turn out, and cut into blocks. These are sometimes called Opera Caramels, or Canadian Sucre à la Crème, when made with butter-nuts.

MARSHMALLOW FUDGE.

To double the recipe for Maple Cream Caramels, allow 3 or 4 oz. marshmallows, and cut them in fairly large pieces. Have ready a tin box or pan with square corners, line it with waxed or greased paper.

Cook the candy mixture, and when it reaches the soft-ball stage, remove and beat until nearly ready to set. Quickly put half of it into the pan, shaking or spreading somewhat smooth, immediately scatter the marshmallows over, and pour on them the remainder of the candy. Put in a cool place, and when sufficiently set, cut in blocks. (Should the second half of the caramel mixture stiffen too rapidly to spread with ease, set the pan containing it in another of moderately warm water, and stir constantly for a few moments until the candy softens.) Chocolate Fudge may be used in the same way, with marshmallows.

BELMONTS (OR CHOCOLATE ALMONDS).

Shell and blanch sweet Valencia almonds, and place

them in a slow oven to dry and color. They should be stirred occasionally, and need careful watching. Allow them to become a medium shade of brown. Cool before using.

Melt confectioners' sweet chocolate over luke-warm water, drop the almonds, a few at a time, into the chocolate, remove singly, (stroking each nut against the side of the pan, to rid of surplus chocolate), and lay on waxed paper. Put at once in a cool place to harden.

MEXICAN KISSES.

1 c. light brown sugar	2 T. butter
White 1 egg	$\frac{1}{4}$ c. chopped pecan meats
$\frac{1}{4}$ c. water	$\frac{1}{4}$ t. vanilla extract.

Cook the sugar and water together, until a soft ball can be formed; add the butter and cook again to the soft-ball stage. Meanwhile, beat the white of egg quite stiff, pour over it, in a thin stream, beating constantly, the hot syrup, and continue the beating until moderately thick; then mix in the nuts and vanilla, and drop out, by teaspoonsful, on waxed paper, making rounded mounds, of about 1 in. diameter.

FONDANT.

1 c. granulated or standard A sugar	$\frac{1}{4}$ c. cold water
Trifle cream of tartar.	

Before cooking the fondant, grease a large meat platter lightly with olive oil or butter. Have a tablespoon, knife, and china cup in readiness. Put the sugar, water, and cream of tartar into a small saucepan. Stir over the fire until the syrup begins to bubble around the edge. Then cook without stirring until it will spin a thick thread. Test by dipping a teaspoon into the syrup. Let it drain for a second, then touch the tip of the forefinger against it. Now press the finger and thumb together for a moment, then draw them apart as far as possible. If the syrup will stretch for this distance without breaking, it is cooked enough. Pour it at once on the greased platter, and, using the tablespoon, rub briskly around until it begins to whiten, and becomes about as thick as rich cream. Scrape quickly into the cup, and stir with the knife until the consistency of putty. Pack solidly in the cup, cover with a slightly moist-

ened piece of cheese cloth, and keep in a cool, dry place until ready to use. It may be made into candy at once, but is more creamy if it stands a few days. Flavor as desired. For chocolate fondant, melt $\frac{1}{2}$ oz. unsweetened chocolate over the steam of the tea-kettle. Mix it thoroughly with 1 c. of fondant. Vanilla fondant requires $\frac{1}{4}$ t. extract to 1 c. of fondant. Two drops of oil of mint, or the same amount of oil of wintergreen, is sufficient for 1 c. Of rose extract, 4 drops are needed.

This fondant is the foundation of creamed walnuts, cream chocolates and most other high-grade confections.

CREAM CHOCOLATES.

Make fondant, flavor and color in any way desired. Then shape into balls, stand them on waxed paper or a greased plate, and keep in a cool place for a day. Use confectioners' sweetened chocolate for dipping. This may usually be obtained from a dealer in fancy groceries, or from a practical confectioner, and costs from 30 to 50 cents the pound. Break the chocolate in small pieces, place it in a cup or small saucepan, and set this in another pan containing a small amount of luke-warm water. Let it stand on the back of the stove, being careful that the water does not become hotter than about 98° , else the chocolates will appear streaked after dipping. Place the balls, one at a time, in the melted chocolate, roll about quickly, until entirely coated, remove with a candy dipper or a fork, and lay on waxed paper. Set in a cool place until hardened.

JIM CROWS.

Mix with chocolate fondant, $\frac{1}{4}$ its bulk of chopped nuts, almonds, blanched and dried, being best. Shape into rolls, about 2 in. long, and a little less thick than a lead pencil. Dip in confectioners' sweet chocolate, melted, lay on waxed paper, and chill.

MONTEVIDEOS.

Prepare balls of either vanilla or almond fondant, making somewhat larger than for cream chocolates, then roll them slightly oblong. Let stand until the following day, coat with melted confectioners' sweet chocolate, lay on waxed paper, and set on the top of each, a perfect half of English walnut, then chill.

COCOANUT WAFERS.

Put some vanilla-flavored fondant in the upper part of a double boiler. Have the water in the lower boiler at about 98°. Keep on the back part of the stove, and stir the fondant, gently, at times, until it softens. Then mix in half its bulk of grated cocoanut. The fresh nut, naturally, has the finer flavor, but, on account of its oily nature may render the fondant—unless very stiff—too thin. For “safety first” the desiccated cocoanut is advisable. Drop out by teaspoonsful, on waxed paper, spreading the wafers a trifle. Let them remain on the paper until the next day, then remove. Should they seem soft on the bottom, allow to stand for a while on a board thickly sprinkled with powdered sugar.

Occasionally, fondant is so stiff that it will scarcely melt without the addition of liquid. Luke-warm water may be stirred in, a very few drops at a time, until the desired consistency is produced.

NUT WAFERS.

Make in the same manner as Cocoanut Wafers, mixing with the fondant, one-fourth its bulk of chopped pecans, black walnuts, shellbarks, butternuts, or English walnuts.

CREAM WALNUT BALLS.

Prepare balls of fondant, flavored with vanilla, chocolate, or almond, and enclose between two perfect halves of English walnut.

CREAMED CHERRIES.

Make like Cream Walnuts, forming very small balls of fondant, and place between halves of red glacé cherries. The choice of flavor for the fondant lies between vanilla and almond.

These are pretty, and convenient to use for filling in small spaces, when a box of bonbons is being arranged.

CREAMED DATES.

Choose Arabian, or light-colored dates. Separate them, using for this recipe only those of good shape. Rinse them, dry on a towel, slit each open along one side, remove the seed, and any scaly bit from the stem end. Place a roll of prepared fondant in the cavity, and lightly press the sides about it. Roll the date—not the filling—in finely sifted granulated sugar.

Rose-flavored and rose-colored fondant is often used for dates. Orange, lemon, or vanilla will flavor appropriately. The fondant dries out quickly, hence it is well to prepare them only a day or two before needed. Keep spread out in a single layer,—to avoid crushing the exposed fondant—in an air-tight box.

CREAMED FIGS.

Select a good quality of pressed figs. Wash them, and wipe dry. Cut off the tough stem, then make two oblong sections from each fig, using the part entirely enclosed by skin. (The flat, split part at the centre may be used for Fig Cream Blocks, or for various desserts.) Spread open the sections along the centre, thus making of each a sort of boat-shaped piece. Fill, and finish like Creamed Dates.

RAISIN CREAMS.

Choose large layer raisins of good grade, cut open on one side and remove the seeds. Fill with a tiny ball of pink fondant, rose-flavored, and roll the fruit in fine-grained granulated sugar.

These are convenient to use between large bonbons in gift candy boxes.

FIG CREAM BLOCKS.

To 1 c. fondant, orange or vanilla flavored, add $\frac{1}{4}$ c. figs, cut in $\frac{1}{8}$ in. squares. Mix and press into a small square box, lined with waxed paper, having the candy about $\frac{3}{4}$ in. deep. Let stand in a cool place until the next day, turn out, and cut in cubes. Should these seem sticky, toss about, lightly, in granulated sugar which has been passed through a fine-meshed sieve.

The figs, before being used, need to be rinsed, and wiped quite dry on a towel. Discard the hardened stem, also the blossom end.

NEAPOLITAN BLOCKS.

For this, three layers of fondant, differing in color and flavor, are used. Pink (rose), chocolate and orange—or, instead of orange, vanilla containing chopped pecans—form a good combination. Have equal amounts of the three kinds. Each must be somewhat stiff. Line a square-cornered box with waxed paper, put in the rose fondant, and use a bit of dry cheese cloth to press the candy out in a flat sheet,

and well into the corners. Arrange above it the other two layers in like manner, set in a cool place for two days, turn out, and cut into blocks, rolling in fine-grained granulated sugar, if sticky.

CREAM DIPPED BONBONS.

Color and flavor fondant as desired, make into balls a trifle smaller than for Cream Chocolates, and let remain in a cool, dry place until the following day. Then, for a coating, melt fondant—which, as a rule, should differ in tint and flavor from the balls—drop each ball in singly, quickly roll about, remove, and place on waxed paper to dry. These may be used the same day, but the candy keeps moist for quite a while.

Among the most satisfactory combinations are:—Cocoa-nut fondant balls with pink coating; vanilla-flavored centres containing chopped nuts, with chocolate fondant covering; fig cream balls, enclosed in orange fondant, (made by adding to plain fondant enough grated rind of deep yellow orange to flavor and color delicately).

Some care and experience are necessary to determine when the fondant for dipping is at the right stage. If too soft, it will run off the centres, and never become firm enough. When too stiff, the process of dipping is difficult, and the outside remains rough, instead of smooth and glossy. The water, in which the pan of fondant is placed for melting, should not rise in temperature above 98° F. The fondant requires stirring, but gently, nearly constantly during the melting.

BUTTER CUPS.

1 c. molasses	1 T. butter
$\frac{1}{2}$ c. sugar	Trifle cream of tartar
$\frac{1}{4}$ c. boiling water	Fondant.

Have fairly stiff fondant, flavored with extract of lemon or vanilla and mix with finely chopped nut meats. Place it on a board, shape in a long roll about $\frac{1}{2}$ in. in diameter, cover and set aside.

Put the rest of the materials into a pint-size saucepan, stir, then place on the range and boil without stirring until the last few moments of cooking. When a moderately firm ball can be formed, remove and pour out on a greased tin

pan. As soon as cool enough to handle, pull until light colored, stretching finally into a strip wide enough to enclose the roll of fondant. Lay the taffy on a floured board, place the fondant on top, bring the edges of the candy together; press firmly; then, using both hands, quickly roll and stretch into a strip about $\frac{1}{2}$ in. thick; cut in small pieces, lay on a greased pan, and chill.

BEVERAGES—HOT; ICED; FROZEN.

Coffee (Vol. I, p. 136); Tea (Vol. I, p. 136); Cocoa, Chocolate (Vol. I, pp. 136, 137.)

COFFEE WITH MILK (CAFÉ AU LAIT.)

Make French, or percolated coffee of double strength, allowing a half-cup to each individual. Scald rich milk in amount equal to that of the coffee. When serving, half-fill the cups with the hot milk, then pour in the coffee.

AFTER-DINNER COFFEE.

Prepare percolated coffee of twice the usual strength. Any good grade of coffee answers. To produce, however, a beverage of the desirable reddish brown tint, coffee roasted almost black, the French process, is necessary. Also, there needs to be stirred into the beverage, when about ready to serve, one teaspoonful, or more, of quite dark caramel, for each half-pint of the liquid.

Sugar should always be offered with after-dinner coffee. From the standpoint of hygiene, cream is best omitted; but, when possible, some should be at hand, for those who wish it. Be sure to serve the coffee very hot.

This also takes the name black coffee or café noir. Sometimes it is shortened to demi-tasse.

VIENNA COFFEE.

Make percolated coffee, and, after pouring, place a large spoonful of whipped cream on top of each cup.

AUSTRIAN COFFEE (ICED.)

1 c. milk	Yolks 3 eggs
1 c. very strong hot coffee	$2\frac{1}{2}$ T. granulated sugar
	1 t. extract vanilla
Whipped Cream or Vanilla Ice Cream.	

Beat the yolks of the eggs, add to them gradually, while beating constantly, the sugar, then mix in $\frac{1}{8}$ c. of the milk. Scald the remaining milk, turn into it the prepared egg, and stir until slightly thickened. Remove at once from the fire. Pour in the hot coffee slowly, stirring all the while, turn into a cool receptacle, and chill thoroughly. When ready to serve, add the vanilla. Pour into small cups, placing in each a spoonful of ice cream or of sweetened whipped cream. In the latter instance, since the beverage should be very cold, a small piece of ice may be dropped in each cup.

This preparation answers instead of an ice at entertainments where only light refreshments are desirable. Pass little cakes with it.

FROZEN COFFEE. (CAFÉ FRAPPÉ.)

5 T. pulverized coffee	1 c. sugar (granulated)
$2\frac{1}{4}$ c. boiling water	White 1 small egg
1 T. vanilla extract	$1\frac{1}{2}$ T. confectioners' sugar.

Place the coffee in a percolator, pour over it slowly the boiling water, let stand 3 min., then turn it out on the granulated sugar, and stir until the sugar dissolves. Add 2 c. cold water, and set away to chill. Stir in the vanilla, and freeze the mixture to a mushy consistency. Beat the white of egg stiff, add to it the confectioners' sugar, a small portion at a time, and beat until very stiff. Remove the dasher from the freezing can, turn in the meringue, mix thoroughly, and let stand about 30 min. before using. Serve like any other ice. It is especially suitable at afternoon entertainments.

ICED TEA.

Prepare tea; while it is steeping, put cracked ice in glasses; strain the hot tea over, and serve as soon as chilled. Pass powdered sugar and slices of lemon, which should be cut lengthwise (wedge shaped). For the sake of economy in ice, cooks sometimes allow the tea to cool before icing. When made thus, the flavor proves less pleasing.

If one is certain that all who are to partake like both lemon and sugar, an extremely well-flavored beverage may be had by adding lemon syrup before serving. To prepare, cook together for 3 min., $\frac{3}{4}$ c. granulated sugar and $\frac{1}{4}$ c.

water, remove from the fire, cover, let stand until lukewarm, then stir in the juice of 3 lemons. Chill, and put 2 T. of the syrup in each glass before adding the ice and tea. (The syrup, if bottled and corked, will keep for quite a while in a cool place.)

FROZEN TEA. (THÉ FRAPPÉ.)

5 t. mixed tea	1 c. granulated sugar
White 1 egg	1½ T. confectioners' sugar
½ T. extract vanilla.	

Warm a tea pot, put in the tea, pour over it 2¼ c. boiling water, cover, steep for 5 min. and strain. Then proceed as for Frozen Coffee.

ICED COCOA.

4 t. cocoa	1½ c. boiling water
8 t. sugar	½ c. whipped cream
½ t. vanilla extract, or trifle ground cinnamon.	

Mix the cocoa and sugar thoroughly, pour on the boiling water, bring to a boil and cook for 3 min. Stand away to become very cold, stir in the flavoring, serve with crushed ice in each glass, and cap with whipped cream.

FROZEN COCOA.

2 T. cocoa	¼ c. double cream
2 c. milk	½ in. stick cinnamon
⅝ c. sugar	1 t. extract vanilla.

In a small saucepan, mix the cocoa and sugar, add the cinnamon and ¼ c. boiling water; cook for 3 min., remove from the range, and cool. When ready to freeze, discard the cinnamon; whip the cream; mix together all the ingredients, and freeze until moderately stiff.

PINEAPPLE LEMONADE.

1 c. pineapple juice	Juice 2 lemons
1 c. cold water	⅓ c. granulated sugar.

For best results, grate a fresh pineapple, put the pulp in a double thickness of dampened cheese cloth, and press hard to extract as much as possible of the juice. Mix with it the sugar, stir until dissolved, add the other ingredients, and serve in glasses with plenty of crushed ice.

Juice from canned pineapple will answer, using less sugar, or, there is on the market canned pineapple juice.

CHERRY CUP.

1 c. juice from sweet cherries	1 pt. water
$\frac{1}{2}$ c. juice from sour cherries	$\frac{1}{2}$ T. vanilla extract
$\frac{1}{2}$ c. orange juice	$\frac{1}{8}$ t. almond extract
1 c. sugar.	

Boil the sugar and water together for 5 min. Remove, cool, add the rest of the ingredients, chill thoroughly, and serve with crushed ice in the glasses.

GRAPE MERINGUE CUP.

1 c. grape juice	$\frac{1}{2}$ T. vanilla extract
Juice 1 lemon	1 pt. Apollinaris water
$\frac{1}{2}$ c. pulverized sugar.	

Wash and stem 1 lb. of grapes, cook them with a very little water until tender, then press in a bag to extract all the juice. Should there not be 1 c., add water. Concord grapes are best for this recipe; but bottled grape juice answers. Mix the pulverized sugar, lemon juice and vanilla with the grape juice. Make a meringue from $\frac{1}{2}$ c. granulated sugar, $\frac{1}{4}$ c. water, and the white of 1 egg. Boil the sugar and water together until it will spin a thread, then pour it in a thin stream over the white of egg which has been whisked stiff. Beat constantly until cold. Mix this carefully with the grape juice, so that it may not lose its lightness. Stand in a cold place until ready to use, then add the Apollinaris, and serve in glasses $\frac{1}{3}$ full of crushed ice.

MIXED FRUIT CUP.

1 $\frac{1}{4}$ c. sugar	$\frac{1}{8}$ c. lemon juice
1 c. boiling water	$\frac{1}{2}$ T. vanilla
$\frac{1}{2}$ c. orange juice	1 pt. Apollinaris water
$\frac{1}{4}$ c. each of banana, pineapple, orange, and strawberries.	

Boil the sugar and water together for 3 min. remove from the fire and chill thoroughly. When ready to use, add the other ingredients, and serve with crushed ice.

RASPBERRY MERINGUE CUP.

1 c. fresh red	White 1 egg
raspberry juice	1 t. extract vanilla
1 $\frac{1}{8}$ c. granulated sugar	1 T. lemon juice
Juice 1 orange	1 pt. Apollinaris water.

Select well-ripened raspberries, rinse, drain, and cook, with a trifle of water, for a few moments only, then press

through a fine-meshed sieve. Add to the strained juice $\frac{3}{8}$ c. of the sugar, also the vanilla, orange juice and lemon juice, stir until the sugar dissolves, then chill. Make a meringue from the white of egg, remainder of sugar and water as for Grape Meringue Cup. Shortly before serving, mix all the ingredients, stirring lightly, and pouring in the Apollinaris last. Put into a punch bowl containing a block of ice.

Pineapple juice, used in this manner, makes a refreshing cup.

STRAWBERRY CUP.

1 c. fresh strawberry juice	$\frac{1}{2}$ c. granulated sugar
Juice 1 large orange	$\frac{1}{2}$ T. extract vanilla
1 pt. Apollinaris water.	

Choose fully-ripened berries, rinse, drain and heat for a moment or two, with a little water, merely to intensify the color of the fruit. Press through a sieve fine enough to extract the seeds. Cook the sugar and $\frac{1}{2}$ c. boiling water for 5 min.; cool; add the fruit juices; and, when ready to serve, stir in the vanilla, add crushed ice and the Apollinaris water.

Ordinary drinking water may be used instead of Apollinaris, but the flavor of the cup is then less piquant.

NARRAGANSETT CUP.

1 $\frac{3}{4}$ c. boiled cider	$\frac{3}{4}$ c. granulated sugar
$\frac{1}{4}$ c. orange juice	1 t. extract vanilla
$\frac{1}{8}$ c. lemon juice	$\frac{1}{4}$ t. grated nutmeg
1 pt. Apollinaris water.	

Pour over the sugar $\frac{1}{4}$ c. boiling water, cook for 5 min., and cool. When about ready to use, mix all the ingredients, adding the Apollinaris last, and serve with a liberal allowance of ice.

IN all receipts in this book calling for baking powder use "Royal." Better and finer food will be the result, and you will safeguard it against a possible dangerous compound.

In receipts calling for one teaspoonful of soda and two of cream of tartar, use two spoonfuls of Royal, and leave the cream of tartar and soda out. You get the better food and save much trouble and guess-work.

Look out for adulterated baking powders. Do not permit them to come into your house under any consideration. They may add an injurious substance to your food, destroying in part its digestibility. Doctors will tell you this, and it is unquestionable.

The quality of baking powders may generally be known by their price. Baking powders at a cent an ounce or ten or twenty-five cents a pound are not made from cream of tartar. Use no baking powder unless the label shows it is made from cream of tartar.



Shredded Wheat Dishes

A dainty, wholesome, appetizing meal can be prepared with Shredded Wheat Biscuit "in a jiffy." It is ready-cooked and ready-to-serve. You can do things with it that are not possible with any other "breakfast food." It is the only cereal food made in Biscuit form. Combined with fresh or preserved fruit or with creamed meats or creamed vegetables, or simply eaten as a breakfast food with milk or cream, it is delicious, nourishing and satisfying.

Shredded wheat is made of the whole wheat, cleaned, cooked, drawn into fine porous shreds and twice baked. It is the cleanest, purest cereal food made in the world. Recipes for making many wholesome "Shredded Wheat Dishes" will be found in this book.

SHREDDED WHEAT is made in two forms: **BISCUIT**, for breakfast or any meal; **TRISCUIT**, the Shredded Wheat Wafer, eaten as a toast for luncheon or any other meal with butter, cheese or marmalades. Both the Biscuit and Triscuit should be heated in the oven to restore crispness before serving. Our new Book, "The Wonders of Niagara," is sent free, post paid, for the asking.

Made by **THE SHREDDED WHEAT COMPANY**,
Niagara Falls, N. Y.

KINGSFORD'S

CORN STARCH

The solution of the dessert question

Kingsford's Corn Starch desserts are dainty and appetizing. Use Kingsford's for delicious custards, puddings, pies, blanc-mange, etc.

Kingsford's Corn Starch—best for over sixty-five years. Insist on Kingsford's—the package protected by a special parchmyne wrapper so that you get it with all its delicate flavor retained.

Practical illustrated Cook Book of many new recipes and uses for Kingsford's free on request.

NATIONAL STARCH COMPANY
P. O. Box 161 NEW YORK



Karo

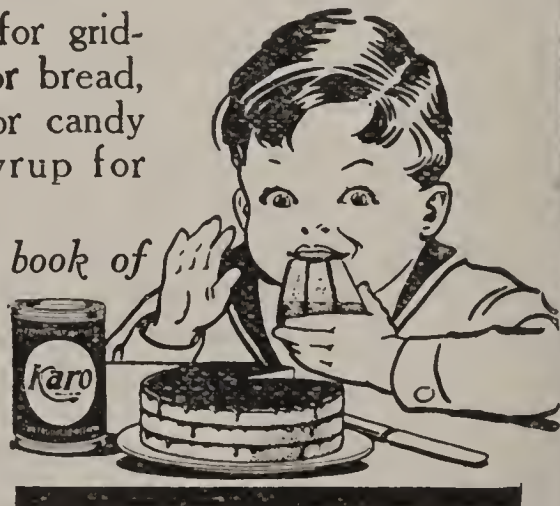
(REG. U.S. PAT. OFF.)

The use of Karo in cake fillings and icings insures soft creamy icings so much desired.

Karo is the perfect syrup for griddle cakes, the great spread for bread, and the syrup unsurpassed for candy making. A household syrup for every purpose.

You will appreciate our book of many delightful recipes and valuable cooking helps. Let us send it free.

CORN PRODUCTS REFINING CO.
P. O. Box 161 NEW YORK



A DOMESTIC SCIENCE COOK BOOK

That's how our new, illustrated Recipe Book might be described. We'd like to send you a free copy, and will do so if you simply ask us.

THE FLEISCHMANN CO.,

701 Washington Street

New York, N. Y.



NESNAH Desserts

As wholesome as they are delicious and easy to make. A Nesnah dessert with a bit of cream, fruit or nuts on top is a dish to be proud of. Made with milk, are healthful and inexpensive. A fine "emergency" dessert. Nesnah makes an ice cream of superior quality.

NESNAH flavors:

Raspberry Lemon Almond
Vanilla Orange Chocolate.

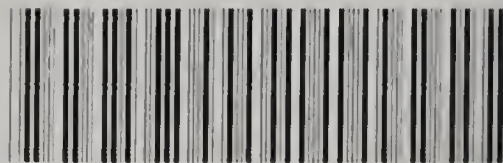
Domestic Science Teachers are asked to write us about our offer of Nesnah for demonstrations to their classes. Mention this ad.



"THE JUNKET FOLKS"

Chr. Hansen's Laboratory, Inc., Little Falls, N. Y.

LIBRARY OF CONGRESS



0 013 826 690 4

